



choicelunch

March 5th – March 30th 2012

Del Mar Union School District Menu

Each entrée features milk, compostable packaging & utensils!

Monday

Tuesday

Wednesday

Thursday

Friday

	<u>March 5</u>	<u>March 6</u>	<u>March 7</u>	<u>March 8</u>	<u>March 9</u>
Option 1	BBQ Chicken Sandwich with Roasted Potatoes Fresh Fruit of the Day	Painted Hills Beef and Bean Burrito Fresh Fruit of the Day	Teriyaki Chicken Bowl with Jasmine Rice Fresh Fruit of the Day	Coleman Naturals Cheeseburger on Whole Grain Bun Fresh Fruit of the Day	Coleman Naturals Gluten Free Chicken Strips with Potatoes (GF) Fresh Fruit of the Day Parker's Crazy GF Crackers

Option 2	Barilla Whole Grain Spaghetti with ABF Chicken Meatballs in Marinara Sauce Fresh Fruit of the Day	Hand-Rolled Cheesy Bean Enchiladas (Veg) Fresh Fruit of the Day	Perfect Cheese Ravioli with Marinara (Veg) Fresh Fruit of the Day	Roasted Turkey with all the Trimmings Fresh Fruit of the Day	Hearty Meat Lasagna with Mozzarella Cheese Fresh Fruit of the Day
----------	----------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------	--------------------------------------------------------------------------	---------------------------------------------------------------------	--------------------------------------------------------------------------

	<u>March 12</u>	<u>March 13</u>	<u>March 14</u>	<u>March 15</u>	<u>March 16</u>
Option 1	Barilla Whole Grain Spaghetti in Meat Sauce Fresh Fruit of the Day	Baked Chicken Tenders with Rice and Corn Fresh Fruit of the Day	BBQ ABF Chicken with Corn and Smashed Red Potatoes (GF) Fresh Fruit of the Day	ABF Coleman Naturals Homemade Bagel Dog Crisp Coleslaw Fresh Fruit of the Day	Barilla Whole Grain Penne Pasta in Meat Sauce Fresh Fruit of the Day

Option 2	ABF Chicken Fajita Platter with Mexican Rice (GF) Fresh Fruit of the Day	Shredded Chicken "Taqitos" with Mexican Rice Fresh Fruit of the Day Fresh Veggie of the Day	Whole Grain Barilla Penne with Marinara Sauce (Veg) Fresh Fruit of the Day Roasted Soy Nutz	Pan-Seared Chicken Potstickers with Baby Carrots and Jasmine Rice Fresh Fruit of the Day	Genuine Annie's Mac and Cheese (Veg) Fresh Vegetable of the Day Fresh Fruit of the Day String Cheese
----------	---------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------

Monday

Tuesday

Wednesday

Thursday

Friday

	<u>March 19</u>	<u>March 20</u>	<u>March 21</u>	<u>March 22</u>	<u>March 23</u>
Option 1	Shepherd's Pie with Beef and Mashed Potatoes (GF) Parker's Crazy GF Crackers	Coleman Naturals Cheeseburger on Whole Grain Bun Fresh Fruit of the Day	Teriyaki Chicken Bowl with Jasmine Rice Fresh Fruit of the Day	Coleman Naturals Gluten Free Chicken Strips with Potatoes (GF) Fresh Fruit of the Day Multi Grain Pita Chips	Barilla Whole Grain Spaghetti with ABF Chicken Meatballs in Marinara Sauce Fresh Fruit of the Day
Option 2	Slow Simmered Mighty Meatball Soup Parker's Crazy Crackers Fresh Fruit of the Day	Baked Chicken Tenders with Rice and Corn Fresh Fruit of the Day	Handmade Bean and Cheese Burrito with Rice (Veg) Fresh Fruit of the Day	Pan-Seared Chicken Potstickers with Baby Carrots and Jasmine Rice Fresh Fruit of the Day	Chinese Fried Rice with ABF Chicken Fresh Fruit of the Day

	<u>March 26</u>	<u>March 27</u>	<u>March 28</u>	<u>March 29</u>	<u>March 30</u>
Option 1	Gluten Free Pasta with Hearty Meat Sauce (GF) Fresh Fruit of the Day	NEW! Warm Zesty Chicken Breast Melt with Cheddar Cheese on toasted Ciabatta Bread Fresh Fruit of the Day	ABF Coleman Naturals Homemade Bagel Dog Crisp Coleslaw Fresh Fruit of the Day	Shredded Chicken "Taqitos" with Mexican Rice Fresh Fruit of the Day Fresh Veggie of the Day	Hearty Meat Lasagna with Mozzarella Cheese Fresh Fruit of the Day
Option 2	Handmade ABF Chicken Burrito with Fresh Salsa Fresh Fruit of the Day	Genuine Annie's Mac and Cheese (Veg) Fresh Vegetable of the Day Fresh Fruit of the Day Sunflower Seeds	Homemade Chicken Noodle Soup Fresh Fruit of the Day String Cheese	Perfect Cheese Ravioli with Marinara Sauce (Veg) Fresh Fruit of the Day	Teriyaki Chicken Bowl with Jasmine Rice Fresh Fruit of the Day

Veg= Vegetarian

GF= Gluten Free

Notes: Each day's menu is based on Enhanced Food-Based Menu Planning as determined by the USDA. Menu subject to change.

USDA and DMUSD are Equal Opportunity Providers and Employers