

# Sailorway Café



## March 2023

Full student lunch includes choice of meat or meat alternate, whole grain bread or grain, vegetable, fruit or juice choice, and milk choice (1% unflavored, skim, or fat-free flavored). <b><i>Students must take a 1/2c serving of a fruit or a vegetable with lunch.</i></b>	<b>Lunch Price: \$2.90</b> <b>Reduced Lunch: \$4.40</b> <b>Adult Lunch: \$4.35</b>
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		March 1	March 2	March 3
		Chicken Tenders Dutch Waffle  Tater Tots Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Fresh Baked Pizza (Cheese, Pepperoni or Buffalo Chicken)  Baked Beans Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Macaroni and Cheese WG Muffin  California Mixed Veggies Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk
March 6	March 7	March 8	March 9	March 10
Bosco Breadsticks Marinara Steamed Broccoli Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Popcorn Chicken WG Crackers Rosemary Roasted Potatoes Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Chipotle Burritos Lettuce, Salsa, Sour Cream Refried Beans Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Domino's Pizza (Cheese or Pepperoni)  Baked French Fries Assorted Fruits or 100% Juice Choice of Milk	<b>NO SCHOOL</b>
March 13	March 14	March 15	March 16	March 17
Hot Dog w/ Chilli & Cheese  Baked Beans Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk Dough Go's Cookie	Chicken Parmesan Sub  Rosemary Potatoes Garden Salad Assorted Fruits or 100% Juice Choice of Milk	WG Pancakes Breakfast Sausage Tater Tots Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Marco's Pizza Cheese or Pepperoni Baked French Fries Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	<b>NO SCHOOL</b>
March 20	March 21	March 22	March 23	March 24
Toasted Cheese Sandwich Tomato Soup or Chili Tater Tots Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	General Tso's Chicken Whole Grain Rice California Mixed Veggies Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Walking Tacos Corn Chips with seasoned beef cheese, lettuce, sour cream Fiesta Beans Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Fresh Baked Pizza (Cheese, Pepperoni or Buffalo Chicken) Baked French Fries Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Popcorn Chicken WG Muffin French Fries Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk
March 27	March 28	March 29	March 30	March 31
Bosco Cheesy Breadsticks Maninara Steamed Broccoli Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Popcorn Chicken WG Crackers Mashed Potatoes/Gravy Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Chicken Tenders Dutch Waffle Baked Beans Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Domino's Pizza (Cheese or Pepperoni)  Baked French Fries Assorted Fruits or 100% Juice Choice of Milk	Corn Dog  Tater Tots Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk Dough Go's Sugar Cookie
Menu subject to change without notice.		<b>This institution is an equal opportunity provider.</b>		

<b>Daily Meal Choices:</b> Mon-Wed-Fri: Breaded Chicken Filet Sandwich Mon-Wed-Fri: Spicy Breaded Chicken Filet Sandwich Tues-Thurs: Hamburger/Cheeseburger on Bun Cold Deli Sandwich Creamy Yogurt Parfait with Banana Bread Sunbutter Uncrustable/String Cheese &/or WG Crackers	<b>Garden Fresh Entrée Salads:</b> Salad lunches come with a fruit or juice, a warm WG breadstick, veggie selections, milk choice, & dressing Daily Salads: Chef, Crispy Chicken, Chicken BLT, & Vegetarian	This café uses a variety of products that may contain an artificial sweetener. Products may be produced in a plant that also produces milk, egg, wheat, soy, peanuts, and tree nuts.
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