



National
Nutrition
Month

The Blake School Upper School Lunch Menu

In addition to our daily entrée choices,
we also offer a sandwich and salad bar

March
2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Choose **MyPlate.gov**



No Class
Conferences

Baked Potato Bar 4
Chili & Assorted Toppings

Chicken Breast with
Lemon Caper Sauce

Steamed Broccoli
Butterscotch Blonde
Brownie
Chocolate Milk

Fiesta Taco Mac 5
With Fixings

Chicken Saute
Italian Sausage Pizza

Parmesan Roasted Tomato
Arugula Orange Salad
Rhubarb Crisp

Tender Pot Roast 6
Roasted Red Potatoes

Turkey Shepherds Pie
Grilled Tuna Sandwich

Sauteed Carrots
Red Cabbage & Cranberry
Salad
Frosted Banana Cake

Chef Eric's French Cuisine 7
Steak Frite Salad

Thai Red Curry Pork
Chicken Caesar Pizza

Steamed Rice
Kale & Butternut Squash
Salad
Ice Cream Treat

Orange Glazed Chicken 8
Breast

Baked Fish with Lemon
Dill Hollandaise

Sauteed Cabbage
Green Goddess Winter
Salad
Ice Cream Treat

Sante Fe Rice Bowl 11
Chicago Style Hotdog

Turkey & Artichoke
Cannelloni

Corn & Black Beans
Sweet Potato, Lentil & Feta
Salad
Rice Krispie Treat

Smoked Chicken Penne 12
Veggie Lovers Pizza

Turkey, Bacon & Avocado
Wrap

Roasted Winter Vegetables
Strawberry Spinach Mint &
Feta Salad

Tender Pot Roast 13
Croque Madame Sandwich

Roasted Red Potatoes
Gravy

Sauteed Carrots
Roasted Beet & Orange
Salad
Cheesecake Brownie

New York Deli Corned 14
Beef Sandwich

Garlic Chicken Pizza

Roasted Vegetables
Strawberry, Spinach, Mint &
Feta Salad
Banana Pudding

Scrambled Eggs 15
Sausage Patty

Chicken & Cranberry
Stir Fry with Rice

American Fried Potatoes
Panzanella with Grapefruit,
Fennel & Avocado
Sunbutter & Jelly Brownie

Spring Break

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BLAKE

HARVEST OF THE MONTH



EXTRA INFO

For questions or comments, contact:
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