



MARCH | 2017

Chattanooga Girls Leadership Academy Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Build Your Own Pizza Diced Ham or Pepperoni featuring Black Bean and Corn Salsa Choice of up to 2 Fruits Choice of up to 1 Milk	2 Whole Grain Pizza Sticks Marinara Sauce Caesar Salad Bar featuring Lima Beans Choice of up to 2 Fruits Choice of up to 1 Milk	3 Whole Grain Breaded Chicken Patty Pasta and Veggie Salad Bar featuring Water Chestnuts Choice of up to 2 Fruits Choice of up to 1 Milk
6 Whole Grain Cheese Quesadilla House Salad Bar featuring Jicama Choice of up to 2 Fruits Choice of up to 1 Milk	7 Whole Grain Personal Pizza Caesar Salad Bar featuring Chickpeas Choice of up to 2 Fruits Choice of up to 1 Milk	8 Chicken or Tuna Salad Sandwiches House Salad Bar Featuring Fire Roasted Corn Choice of up to 2 Fruits Choice of up to 1 Milk	9 Whole Grain Breaded Chicken Nuggets House Salad Bar featuring Sweet Peas Choice of up to 2 Fruits Choice of up to 1 Milk Whole Grain Goldfish Graham Cracker	10 Build Your Own Hamburger on Whole Grain Bun House Salad Bar featuring Corn and Black Bean Salsa Choice of up to 2 Fruits Choice of up to 1 Milk Whole Grain Gingerbread Cookie
13 Grilled Chicken Sandwich on Whole Grain Bun Caesar Salad Bar featuring Lima Beans Choice of up to 2 Fruits Choice of up to 1 Milk	14 Whole Grain Breaded Spicy Chicken Patty Pasta and Veggie Salad Bar featuring Water Chestnuts Choice of up to 2 Fruits Choice of up to 1 Milk	15 Whole Soy Butter and Jelly Sandwiches House Salad Bar featuring Black Beans Choice of up to 2 Fruits Choice of up to 1 Milk	16 Whole Grain Chicken Quesadilla House Salad Bar featuring Jicama Choice of up to 2 Fruits Choice of up to 1 Milk	17 Build Your Own Turkey Burger on Whole Grain Bun House Salad Bar featuring St. Patrick's Day Rainbow Fruit Bar Choice of up to 1 Milk
20 Spring Break	21 Spring Break	22 Spring Break	23 Spring Break	24 Spring Break
27 Grilled Chicken Salad Carrot and Celery Stick Cups with Ranch Choice of up to 2 Fruits Choice of up to 1 Milk	28 Whole Grain Pizza Sticks Marinara Sauce Caesar Salad Bar featuring Lima Beans Choice of up to 2 Fruits Choice of up to 1 Milk	29 Build Your Own Shaker Salad Diced Ham, Turkey, or hard boiled eggs Salad Bar featuring assorted cold pastas Choice of up to 2 Fruits Choice of up to 1 Milk	30 Whole Grain Breaded Spicy Chicken Sandwich on Whole Grain Bun House Salad Bar featuring Water Chestnuts Choice of up to 2 Fruits Choice of up to 1 Milk	31 Build Your Own Hamburger on Whole Grain Bun House Salad Bar featuring Corn and Black Bean Salsa Choice of up to 2 Fruits Choice of up to 1 Milk

Lunch Includes

- **Choice of 1 Entrée (includes meat/meat alternative & grain)**
- **Choice of up to 2 vegetable ***
- **Choice of up to 2 fruits ***
- **Choice of up to 1 Milk**

***A lunch must include ½ cup of fruit or vegetable and 2 full other components**

***Middle school students receive a maximum of 1 fruit with their lunch**

Other Daily Lunch Entrée Options:

- > **Soy Butter and Jam Sandwich**
- > **Yogurt & Whole Grain Granola**