

# MARCH 2023

## Teaneck Charter Lunch Menu

### LUNCH



#### School Information:

All orders MUST be placed online at [www.payforit.net](http://www.payforit.net)  
 Order Deadline: Wednesday, February 22  
 Sorry - Late orders can NOT be accepted



**March is National Nutrition Month!** To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Baked Ziti 1  
 Mixed Vegetables

Chicken Nuggets 2  
 Mac & Cheese  
 Corn

- Pizza ~~3~~  
 - Ziti  
 - Turkey Sandwich

Chicken & Cheese Quesadilla 6  
 Mixed Vegetables

Hamburger 7  
 Green Beans  
 Cole Slaw  
 WW Burger Bun

NO MEAL 8

Chicken Nuggets 9  
 Potato Salad  
 Corn

- Pizza ~~10~~  
 - Ziti  
 - Turkey Sandwich

Chicken Sandwich 13  
 Carrots  
 Mash Potatoes  
 WW Burger Bun

Teriyaki Beef 14  
 Mixed Vegetables  
 Rice

Cheese Raviolis 15  
 Green Beans  
 Dinner Roll

Chicken Nuggets 16  
 Mac & Cheese  
 Corn

- Pizza ~~17~~  
 - Ziti  
 - Turkey Sandwich

Roasted Chicken 20  
 Mixed Vegetables  
 Sweet Potato Casserole

Beef Taco (Soft Shell) 21  
 Corn  
 Rice

Penne Pasta w/ 22  
 Marinara and Meatballs  
 Broccoli

Chicken Nuggets 23  
 Potato Salad  
 Corn

- Pizza ~~24~~  
 - Ziti  
 - Turkey Sandwich

Teriyaki Chicken 27  
 Broccoli  
 Rice

Beef Hot Dog 28  
 Coleslaw  
 Baked Beans  
 WW Hot Dog Bun

Pasta Alfredo with 29  
 Chicken  
 Peas

Chicken Nuggets 30  
 Mac & Cheese  
 Corn

- Pizza ~~31~~  
 - Ziti  
 - Turkey Sandwich

Grade 3&4 Field Trip

Grade K, 1, & 2 Field Trip

Grade 3&4 Field Trip

## Weekly Schedule of Alternative Lunch Options

March 6<sup>th</sup>-10<sup>th</sup>

<i>Turkey &amp; Cheese Sandwich</i>
<i>Caesar Salad</i>
<i>Vegan Chicken Tenders &amp; Mixed Vegetables</i>

March 13<sup>th</sup> -17<sup>th</sup>

<i>Turkey &amp; Cheese Sandwich</i>
<i>Caesar Salad</i>
<i>Vegan Meatballs with Pasta</i>

March 20<sup>th</sup>- 24<sup>th</sup>

<i>Turkey &amp; Cheese Sandwich</i>
<i>Caesar Salad</i>
<i>Vegan Chicken Tenders &amp; Mixed Vegetables</i>

March 27<sup>th</sup>- March 31<sup>st</sup>

<i>Turkey &amp; Cheese Sandwich</i>
<i>Caesar Salad</i>
<i>Vegan Meatballs with Pasta</i>