



St. Johnsbury Lunch Menu **March 2020**

This institution is an equal opportunity provider.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Harvest of the Month: Maple  Offered Daily → Specialty Pizza Station Made to Order Deli Bar Full Fresh Salad Bar	March 4 Comfort Foods Spaghetti Dinner Marinara Sauce Meatballs & Vegan balls Carrots Show Cookery Sloppy Joe's Ground Beef Mixed Vegetables Baked Beans & Chips Whole Grain Bun	March 5 Comfort Foods Teriyaki Beef Brown Rice Snow Peas & Carrots Tofu Show Cookery Burger Bar Available Garden Burgers Baby Carrots Whole Grain Buns	March 6 Comfort Foods General Tso Chicken Brown Rice Broccoli Tofu Show Cookery Lemon Garlic Chicken Roasted Potato Zucchini & Squash Baked Beans Whole Grain Dinner Roll	Cafe Open 7am – 5pm Breakfast \$1.50 Lunch \$ 3.25 Dining Hall Open for Lunch 10:50am Salad Bar Deli Bar Pizza Station Comfort Food Station Show Cookery Station	
March 9 Comfort Foods Whole Grain Breaded Chicken Patty Corn and Peas Garden Burgers Chips Show Cookery Baked Potato Bar Idaho Potatoes & Sweet Potatoes Vegetarian Chili Broccoli Cheese Sauce	March 10 Comfort Foods Baked Chicken w/ Hoisin Sauce Brown Rice Steamed Rainbow Carrots Show Cookery Nacho Bar Ground Beef Black or Refried Beans Corn Queso Sauce & chips	March 11 Comfort Foods Turkey & Biscuits Vegetable & Biscuits Whole Grain Biscuits Spinach & Mushrooms Show Cookery Sloppy Joe's Ground Beef BBQ Tofu Peas Roasted Sweet Potatoes Whole Grain Bun	March 12 Comfort Foods Meatloaf Dinner Chickpeas Mashed Potatoes Kale Show Cookery Grilled Chicken Wraps Whole Grain Wraps Romaine, edamame, parmesan, shredded carrots and dressing.	March 13 Comfort Foods Pasta Bar Meatballs and Vegan balls Chickpeas & Broccoli Marina Sauce Show Cookery Italian Sausage Sub Whole Grain Rolls Peppers and Onions Potato Vegetarian Chili	Salad Bar An Assortment of Fresh Vegetable, Fresh Fruit, Meats and Cheeses. Specialty Salads, Variety & Healthy Choices Assorted Salad Dressings We will feature local produce, meat & meat alternatives! Offered M-F
March 16 Comfort Foods BBQ Chicken Roasted Sweet Potato Baked Beans & Carrots Corn and Corn Muffins Show Cookery Hot Dog Bar Vegetarian Chili Cabbage Doritos Whole Wheat Rolls	March 17 Comfort Foods Enchilada Bake Black Beans and Corn Steamed Rainbow Carrots Show Cookery Nacho Bar Ground Beef Black or Refried Beans Corn Queso Sauce & chips	March 18 Comfort Foods Meatloaf Dinner Mashed Potatoes Beef Gravy Peas and Curried Tofu Show Cookery Tortellini Marinara or Pesto Sauce Sausage or Meatballs Sautéed Spinach w/mushrooms	March 19 Comfort Foods Whole Grain Breaded Chicken Patty Marinara Whole Grain Pasta Broccoli & Stewed Chickpea Show Cookery Sloppy Joe's Ground Beef Mixed Vegetables Roasted Potatoes Whole Grain Bun	March 20 Comfort Foods Cheese and Ham Quesadillas Whole Grain Tortillas Black Beans Corn Salsa & Topping Bar Show Cookery Roasted Pork Loin Baked Tater Tots Peas, Baked Beans and Corn Muffins	Deli Choice of Fresh Whole Grain Sub Buns, Wraps, VT Breads Toppings to include Assorted Deli Meats and Cheeses, Hummus, Egg Tuna and Chicken salad, fresh vegetables Gluten Free Breads Available Offered M-F
March 23 Comfort Foods Pasta Bar Whole Wheat Rotini Meatballs /Marinara Broccoli Show Cookery Roasted Pork Loin Mash Potatoes Carrots Whole Wheat Rolls	March 24 Comfort Foods Sweet & Sour Chicken Stir Fried Vegetables Tofu Brown Rice Show Cookery Nacho Bar Ground Beef Spanish Rice Black Bean & Corn	March 24 Comforts Foods Shepherd's Pie Ground Beef Mash Potatoes Peas & Corn Show Cookery Grilled Cheese Bar American Cheese & Ham On Whole Wheat Bread Tomato Soup & Carrots	March 26 Comfort Foods American Chop Suey Ground Beef Vegetarian Chop Suey Whole wheat Elbows & Green Beans Show Cookery Ginger Scallion Chicken Tofu & Brown Rice Stir Fried Rice	March 27 Comfort Foods Southwestern Chicken Black Beans Seasoned Brown Rice Show Cookery Burger Bar Garden Burgers Doritos Chips Green Bean	Other Items Available Daily Beverages to include Milk 1%, FF Milk Or Low Fat Chocolate Milk And 100% Juice Offered M-F
March 30 Comfort Foods Mac & Cheese Bar Whole Grain Pasta Cheese Sauce BBQ Tofu Broccoli and Baked Beans Show Cookery General Tso Chicken Brown Rice Stir Fry Vegetables	March 31 Comfort Foods Meatball Subs Whole Grain Rolls Meatballs or Meatless Vegan balls served w/ marinara, parmesan and mozzarella Carrots Show Cookery Burrito Bar (Ground Beef) Whole Grain Wraps Corn and Black Beans Brown Rice				Menu's Subject To Change Thank You! Aladdin Food Services