

THE LEARNING CENTER FOR THE DEAF • MENU MARCH 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
					1		2		
						BREAKFAST Cheeseburger Oven Baked Fries Spinach ALT: Tuna Salad on Bun ALT: Veggie Burger Fresh Fruit & Milk		BREAKFAST Tomato Soup Grilled Cheese on Whole Grain Bread Cucumber Sticks w/Dip ALT: Hot Pastrami Sandwich Fresh Fruit & Milk	
5		6		7		8		9	
BREAKFAST Chili con Carne w/Beans & Corn Corn Bread Garden Salad ALT: Tuna Melt ALT: Vegetable Chili Fresh Fruit & Milk		BREAKFAST Turkey on Whole Grain Pita Bread w/Lettuce & Tomatoes Roasted Potato Wedges Baby Carrots ALT: Ham & Cheese ALT: Hummus Whole Grain Pita Fresh Fruit & Milk		BREAKFAST Corn Dog Baked Beans Coleslaw ALT: Minestrone Soup ALT: Veggie Hot Dog Fresh Fruit & Milk		BREAKFAST Chicken Parmesan w/Marinara Sauce over Ziti Green Beans Garden Salad ALT: Egg Salad Sandwich ALT: Eggplant Parmesan Fresh Fruit & Milk		BREAKFAST Assorted Pizza Cheese, Pepperoni or Vegetable Garden Salad Raw Carrots & Celery Sticks ALT: Hot Pastrami Sandwich Fresh Fruit & Milk	
12		13		14		15		16	
BREAKFAST Chicken Nuggets Sweet Potato Puffs Cauliflower ALT: Ham Sandwich ALT: Veggie Patty Fresh Fruit & Milk		EARLY RELEASE 12:00PM BREAKFAST American Chop Suey Garden Salad w/Dressing Green Beans ALT: Salami Sandwich ALT: Egg Salad Sandwich Fresh Fruit & Milk		BREAKFAST Fish Sandwich on a Bun Garden Salad Coleslaw ALT: Turkey Sandwich ALT: Veggie Patty Fresh Fruit & Milk		BREAKFAST BBQ Pulled Pork Brown Rice Black Bean Salsa Spinach ALT: BBQ Veggie Patty ALT: Tuna Sub Fresh Fruit & Milk		BREAKFAST Hamburger on a Whole Grain Bun w/Lettuce & Tomato Tater Tots Broccoli ALT: Chicken Salad Sub ALT: Veggie Burger Fresh Fruit & Milk	
19		20		21		22		23	
BREAKFAST Chicken Tenders Pasta Salad Broccoli ALT: Roast Beef Sandwich ALT: Roasted Chick Peas Fresh Fruit & Milk		BREAKFAST Shepherd's Meat Pie Garden Salad Peas & Carrots ALT: Turkey Sandwich ALT: Veggie Shepherd's Pie Fresh Fruit & Milk		BREAKFAST Italian Sub Sauteed Spinach Carrot & Celery Sticks ALT: Cheese Sub ALT: Tuna Salad on Sub Roll Fresh Fruit & Milk		BREAKFAST Whole Grain Waffles w/Syrup Turkey Sausage Links Fruited Yogurt Glazed Baby Carrots ALT: Chicken Noodle Soup Fresh Fruit & Milk		BREAKFAST Assorted Pizza Cheese, Pepperoni or Vegetable Garden Salad Raw Carrots & Celery Sticks ALT: Hot Pastrami Sandwich Fresh Fruit & Milk	
26		27		28					
BREAKFAST Turkey Burger on Whole Grain Bun w/Lettuce & Tomato Oven Baked Fries Spinach ALT: Tuna Salad Sandwich ALT: Veggie Burger Fresh Fruit & Milk		BREAKFAST Salisbury Steak Baked Sweet Potatoes w/Apples Broccoli ALT: Salami Sandwich ALT: Veggie Patty Fresh Fruit & Milk		BREAKFAST BBQ Baked Chicken Spanish Rice Black Bean Salsa ALT: Turkey Sandwich ALT: Tofu w/Veggies Fresh Fruit & Milk		<i>Please note our revised menu format. Breakfast is now listed above the lunch for each day. It is offered Monday-Friday and consists of cold cereal, a bran muffin, fruit of the day and milk. You will need to mark both breakfast and lunch that you want to purchase for each day.</i>			



Student/Employee Name _____

Cost of Meals:
 Kids/ B: \$2.25 L: \$3.25
 Adults/Employee/ B: \$2.66* L: \$3.98*
 (*Listed price includes MASS sales tax)

Payment Options:
www.sendmoneytoschool.com

- Create an Account
- Deposit Funds using a credit card
- \$2.00 processing fee for service

Return payment to Lynn Marshall at the White House Administrative Building located at: 848 Central St. Framingham, MA. 01701

Free and Reduced Meal Benefits:
 Go to www.lunchapp.com to apply for Free & Reduced meal benefits

Nutrition Program Contact:
 Jennifer Greenfield
 Email: jennifer_greenfield@tlcdeaf.org
 VP: (774) 406-3311

Notes:

BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

ALT = Alternate

