

THE LEARNING CENTER FOR THE DEAF • MENU MARCH 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY		FRIDAY
		1	2		3
<p><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></p>		<p>BREAKFAST</p> <p>Cheeseburger Sweet Potato Puffs Kale & Romaine Salad ALT: Veggie Patty</p> <p>Fresh Fruit & Milk</p>	<p>BREAKFAST</p> <p>Italian Sub Pasta Salad Coleslaw ALT: Cheese Sub</p> <p>Fresh Fruit & Milk</p>		<p>BREAKFAST</p> <p>Homemade Cheese or Pepperoni Pizza Raw Carrots w/Dip Garden Salad w/Dressing</p> <p>Fresh Fruit & Milk</p>
6	7	8	9		10
<p>BREAKFAST</p> <p>Chicken Tenders Tater Tots Green Beans ALT: Tofu</p> <p>Fresh Fruit & Milk</p>	<p>BREAKFAST</p> <p>American Chop Suey Dinner Roll Baby Carrots ALT: Veggie Meatball</p> <p>Fresh Fruit & Milk</p>	<p>BREAKFAST</p> <p>Vegetable Soup Egg Salad on Whole Grain Roll Green Beans ALT: Cheese Sticks</p> <p>Fresh Fruit & Milk</p>	<p>BREAKFAST</p> <p>Turkey Burger on WG Bun w/Lettuce & Tomato French Fries Broccoli ALT: Veggie Burger</p> <p>Fresh Fruit & Milk</p>		<p>BREAKFAST</p> <p>Grilled Ham & Cheese on Whole Grain Bread Pasta Salad Cucumber Salad</p> <p>Fresh Fruit & Milk</p>
13	14	15	16		17
<p>BREAKFAST</p> <p>Chicken Patty on Whole Grain Bun w/Lettuce & Tomato French Fries Spinach ALT: Veggie Patty</p> <p>Fresh Fruit & Milk</p>	<p>12:00 PM EARLY RELEASE BREAKFAST</p> <p>Turkey & Cheese on WG Bread Pasta Salad Baby Carrots ALT: Cheese Sandwich</p> <p>Fresh Fruit & Milk</p>	<p>BREAKFAST</p> <p>WW Pasta w/Meat Sauce Garlic Bread Cauliflower ALT: Veggie Sauce</p> <p>Fresh Fruit & Milk</p>	<p>BREAKFAST</p> <p>Hot Dog on WG Bun Baked Beans Coleslaw ALT: Veggie Beans</p> <p>Fresh Fruit & Milk</p>		<p>BREAKFAST</p> <p>Homemade Cheese or Pepperoni Pizza Carrots & Celery Sticks Garden Salad</p> <p>Fresh Fruit & Milk</p>
20	21	22	23		24
<p>BREAKFAST</p> <p>Chicken Nuggets Sweet Potato Puffs Cauliflower ALT: Tofu w/Veggies</p> <p>Fresh Fruit & Milk</p>	<p>BREAKFAST</p> <p>BBQ Pulled Pork w/Black Bean Salsa Brown Rice Broccoli ALT: Veggie Patty</p> <p>Fresh Fruit & Milk</p>	<p>BREAKFAST</p> <p>Tomato Soup Grilled Cheese Green Beans ALT: Cottage Cheese w/Fruit</p> <p>Fresh Fruit & Milk</p>	<p>BREAKFAST</p> <p>Hamburger on a Bun w/Lettuce & Tomato French Fries Raw Baby Carrots w/Dip ALT: Veggies Burger</p> <p>Fresh Fruit & Milk</p>		<p>BREAKFAST</p> <p>Chicken Quesadilla w/Salsa & Cheese Brown Rice Sauteed Black Beans ALT: Hummus</p> <p>Fresh Fruit & Milk</p>
27	28	29	30		31
<p>BREAKFAST</p> <p>Chicken Salad Sub Tater Tots Green Beans ALT: Hummus Sub</p> <p>Fresh Fruit & Milk</p>	<p>BREAKFAST</p> <p>Macaroni & Cheese Whole Grain Dinner Roll Spinach</p> <p>Fresh Fruit & Milk</p>	<p>BREAKFAST</p> <p>Meatball Sun w/Cheese Garden Salad Three Bean Salad ALT: Veggie Meatballs</p> <p>Fresh Fruit & Milk</p>	<p>BREAKFAST</p> <p>Fish Sticks French Fries Cole Slaw ALT: Cheese Sticks</p> <p>Fresh Fruit & Milk</p>		<p>BREAKFAST</p> <p>Homemade Cheese or Pepperoni Pizza Carrots & Celery Sticks Garden Salad</p> <p>Fresh Fruit & Milk</p>

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 Jon Handricken 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:

Jon Handricken

Email: jon_handricken@tlcdeaf.org

Phone: (508) 879-5110

VP: (508) 202-7644

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

