



## March 2023

### Avon Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <ul style="list-style-type: none"> <li>Sweet and Sour Popcorn Chicken</li> <li>Vegetable Lo Mein</li> <li>Vegetable Egg Roll</li> </ul>	<b>2</b> READ ACROSS AMERICA DAY <ul style="list-style-type: none"> <li>Hot Open-Faced Turkey Sandwich</li> <li>Mashed Potatoes with Turkey Gravy</li> <li>Steamed Peas</li> </ul>	<b>3</b> <b>Pizza Day</b> <ul style="list-style-type: none"> <li>Personal Pizza</li> <li>Fresh Veggie Dippers</li> </ul>
<b>6</b> <ul style="list-style-type: none"> <li>Hamburger on a Bun OR Cheeseburger on a Bun</li> <li>Tater Tots</li> </ul>	<b>7</b> <b>New Recipe</b> DIGI-N-SCHOOL BREAKFAST March 6-10 2023 Brunch for Lunch <ul style="list-style-type: none"> <li>French Toast Bake</li> <li>Mixed Berry Compote</li> <li>Cheese Omelet</li> <li>Breakfast Sausage</li> </ul>	<b>8</b> <b>New Recipe</b> Registered Dietitian Day Women's Day <ul style="list-style-type: none"> <li>Mediterranean Rice Bowl</li> </ul>	<b>9</b> National Meatball Day <ul style="list-style-type: none"> <li>Pasta with Meat Sauce</li> <li>Roasted Garlic Green Beans</li> </ul>	<b>10</b> <b>Pizza Day</b> <ul style="list-style-type: none"> <li>NY Style Pizza</li> <li>Freshly Prepared Caesar Salad</li> </ul>
<b>13</b> MEATLESS Monday <ul style="list-style-type: none"> <li>Creamy Mac &amp; Cheese</li> <li>Herb Breadstick</li> <li>Broccoli Dippers</li> </ul>	<b>14</b> Taco Tuesday <ul style="list-style-type: none"> <li>Beef Tacos</li> <li>Fiesta Rice &amp; Beans</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>Hot Dog Sliders</li> <li>Vegetarian Baked Beans</li> </ul>	<b>16</b> Brunch for Lunch <ul style="list-style-type: none"> <li>French Toast Sticks</li> <li>Breakfast Sausage</li> <li>Breakfast Potatoes</li> </ul>	<b>17</b> St. Patrick's Day <b>Pizza Day</b> <ul style="list-style-type: none"> <li>Personal Pizza</li> <li>Cucumber Coins</li> </ul>
<b>20</b> <ul style="list-style-type: none"> <li>Rodeo Burger on a Bun</li> <li>Emoji Fries</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>Sweet and Sour Popcorn Chicken</li> <li>Vegetable Lo Mein</li> <li>Vegetable Egg Roll</li> </ul>	<b>22</b> Breakfast for Lunch <ul style="list-style-type: none"> <li>Buttermilk Pancakes</li> <li>Breakfast Sausages</li> <li>Hash Browns</li> </ul>	<b>23</b> Triple Dipper Basket <ul style="list-style-type: none"> <li>Chicken Fries</li> <li>Soft Pretzel Stick</li> <li>Crinkle Cut French Fries</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>Twisted Cheesy Breadsticks with Marinara Sauce</li> <li>Fresh Veggie Dippers</li> </ul>
<b>27</b> <ul style="list-style-type: none"> <li>Mini Cheese Calzones with Marinara Sauce</li> <li>Three Bean Salad</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>Chicken Nuggets</li> <li>Pumpkin Pretzel</li> <li>Crinkle Cut French Fries</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>Beef Taco Scoop-A-Bowl</li> <li>Sauteed Peppers &amp; Onions</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>Chicken and Cheese Quesadilla</li> <li>Sweet Plantain</li> <li>Cinnamon Churro</li> </ul>	<b>31</b> <b>Pizza Day</b> <ul style="list-style-type: none"> <li>French Bread Pizza</li> <li>Local Freshly Prepared Garden Salad</li> </ul> NATIONAL FARM WORKERS DAY

\*Menu is Subject to Change

Lunch Served with Choice of: Fresh Fruit , Assorted Chilled Fruit , 100% Fruit Juice , Variety of Vegetables from our Harvest Market , 1% White Milk , Fat Free Chocolate Milk

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**QUESTIONS OR COMMENTS?**  
Please call us at (973) 598-0005 to speak to one of Maschio's Registered Dietitian Nutritionists.

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*healthy kids!*