

**Common Ground**  
LUNCH march  
2018

Monday	Tuesday	Wednesday	Thursday	Friday
			Mar - 1  *BEEF HOT DOG WITH BUN* TOFU DOG W/BUN BAKED BEANS (VEGETARIAN) *CORN SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 2  BARBECUED CHICKEN VEGGIE BURGER W/BUN MAC & CHEESE *CIABATTA ROLLS *BROCCOLI SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*
			Nutrients                  Target Carb    108.8g    59.8%Cal	Nutrients                  Target Carb    109.8g    46.4%Cal
Mar - 5  TUNA SALAD SANDWICH 2* EGG SALAD SANDWICH *CHIPS,BAKED LAYS CRACKERS SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 6  *HAMBURGER ON A BUN VEGGIE BURGER W/BUN POTATO SALAD *CORN SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 7  *TURKEY & CHEESE WRAPS SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *HUMMUS WRAP*	Mar - 8  CHICKEN STIR-FRY VEGETABLE "FRIED" RICE* SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP EGG DROP* SWEET AND SOUR SAUCE	Mar - 9  MEAT BALLS MEATLESS "MEATBALLS" SUB* PIZZA GREEN BEANS PASTA SALAD SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*
Nutrients                  Target Carb    105.8g    58.8%Cal	Nutrients                  Target Carb    112.6g    53.7%Cal	Nutrients                  Target Carb    73.6g    50.3%Cal	Nutrients                  Target Carb    57.6g    47.1%Cal	Nutrients                  Target Carb    74.9g    46.4%Cal

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Mar - 12  *GRILLED CHEESE SANDWICH* ROASTED TOMATO SOUP SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 13  MAC & CHEESE MAC & CHEESE *BROCCOLI W/GARLIC* SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 14  ASIAN DAY SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 15  PORK TENDERLOIN * VEGETABLE BURRITO PASTA PRIMAVERA SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CIABATTA ROLLS	Mar - 16  NACHOS WITH GROUND BEEF VEGETABLE CHILI SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* NACHO CHEESE SAUCE TORTILLA CHIPS*
Nutrients                  Target Carb    91.7g    42.4%Cal	Nutrients                  Target Carb    96.8g    52.8%Cal	Nutrients                  Target Carb    38.6*g    63.9%Cal	Nutrients                  Target Carb    113.4*g    51.4%Cal	Nutrients                  Target Carb    71.7*g    33.5%Cal
Mar - 19  HAM & CHEESE BRUNCH SQUARE *EGG & CHEESE OMELETTE* GRITS WITH CHEESE SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 20  SOUL FOOD DAY SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 21  SAUSAGE AND PEPPER SUB* TOFU DOG W/BUN PASTA SALAD SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 22  SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES GRILL CHICKEN CAESAR SAL *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CIABATTA ROLLS	Mar - 23  *BEEF HOT DOG WITH BUN* TOFU DOG W/BUN *FRENCH FRIES *CORN SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*
Nutrients                  Target Carb    86.7*g    45.4%Cal	Nutrients                  Target Carb    38.6*g    63.9%Cal	Nutrients                  Target Carb    100.9*g    50.9%Cal	Nutrients                  Target Carb    73.1*g    59.1%Cal	Nutrients                  Target Carb    120.6*g    56.5%Cal

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Mar - 26  ROAST TURKEY BREAST VEGETABLE CURRY RICE,Brown,cooked, Cooks CHICKEN GRAVY CRANBERRY SAUCE SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CIABATTA ROLLS	Mar - 27  *BAKED ZITI* *CIABATTA ROLLS THREE BEAN SALAD SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 28  SPAGHETTI AND MEAT SAUCE VEGGIE SPAGHETTI *CIABATTA ROLLS SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* THREE BEAN SALAD	Mar - 29  BAKED CAJUN FISH *HAMBURGER ON A BUN VEGGIE BURGER W/BUN *FRENCH FRIES SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 30
Nutrients            Target Carb 132.6*g    70.6%Cal	Nutrients            Target Carb 81.3*g    55.9%Cal	Nutrients            Target Carb 101.3*g    57.6%Cal	Nutrients            Target Carb 89.6*g    50.7%Cal	

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