



MARCH | 2018

St. Rose of Lima School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Try-It Thursday Chicken Patty Sandwich Baked Beans Relishes/Dip Try-It Broccoli Salad Fruit and Milk Entrée Option: SW Chicken Salad	2 Lenten Meat-Free Friday Fish Sandwich Mac and Cheese Creamy Calico Coleslaw Garden Salad Bar Fruit & Milk Entrée Option: PBJ Uncrustable + Grain
5 Hoosier Favorites Monday Pork BBQ Sandwich on Bun Buttered Corn Relishes/Salad Bar Diced Peaches Milk Entrée Option: Turkey Sub	6 Taco Tuesday Beef Taco and Nachos Salsa/Toppings Bar Chili Style Beans South of the Border Fruit Milk Entrée Option: Taco Salad w/ Corn Chips	7 Little Italy Wednesday Stuffed Crust Pizza Marinara Dipping Sauce Garden Salad/Bar Frozen "Whole Fruit" Juice Milk Entrée Option: Ham and Cheese Sub	8 Go Global Thursday Asian Teriyaki Chicken/Rice Naan Flatbread Stir Fry Veggies w/ Broccoli Mandarin Fruit Salad Milk Entrée Option: Asian Chicken Salad	9 Lenten Meat-Free Friday Cheese Quesadilla Broccoli Cheddar Soup Relishes/Garden Salad Bar Fruit Milk Entrée Option: PBJ Uncrustable + Grain
12 Hoosier Favorites Monday Chicken Fingers/Roll Potato Smiles Green Beans Garden Salad Bar Fruit and Milk Entrée Option: Turkey Club Wrap and WG Chips	13 Taco Tuesday Chicken Fajita Salsa/Toppings Bar Mexican Rice Refried Beans South of the Border Fruit Milk Entrée Option: Chef Salad	14 Little Italy Penne Pasta w/ Italian Sausage 3 Veggie Medley Garden Salad/Bar Fruit and Milk Entrée Option: Italian Sub	15 Go Global -Irish! St. Patrick's Day Stew Cornbread Relishes/Dip Luck of the Irish Treat Fruit & Milk Entrée Option Southwest Chicken Salad	16 Lenten Meat-Free Friday Grilled Cheese and Tomato Soup w/ Goldfish Crackers Relishes/Garden Salad Bar Fruit and Milk Entrée Option: PBJ Uncrustable + Grain
19 Hoosier Favorites Monday Baked Potato w/ Roll Toppings Bar Steamed Broccoli Fruit and Yogurt Parfait w/ Granola Milk Entrée Option: Turkey Sub w/ Relishes	20 Taco Tuesday Walking Taco w/ Baked Scoops Mexican Rice Fiesta Taco Beans Fruit and Milk Entrée Option: Taco Salad w/ Corn Chips	21 Little Italy Wednesday Chicken Alfredo w/ Rotini Noodles Breadstick Glazed Carrots Garden Salad Bar Fruit and Milk Entrée Option: Ham and Cheese Sub	22 Try-It Thursday Hamburger on Bun Potato Wedges Try-It: Asian Cabbage Slaw Relishes/Dip Fruit and Milk Entrée Option: Asian Chicken Salad	23 Lenten Meat-Free Friday Bosco Breadstick w/ Marinara Sauce Yogurt Cup Homemade Minestrone Soup Relishes/Garden Salad Bar Fruit and Milk Entrée Option: PBJ Uncrustable + Grain
26 Hoosier Favorites Monday Chicken Drumstick/Roll Mashed Potatoes/Gravy Seasoned Green Beans Garden Salad Bar Fruit and Milk Entrée Option: Turkey Club Wrap and SunChips	27 Brunch For Lunch Pancakes/Sausage Link Scrambled Egg Hash Brown Patty 100% Fruit Juice Milk Entrée Option: Chef Salad	28 Little Italy Wednesday Spaghetti w/ Meat Sauce Garlic Toast Garden Salad Bar Fruit Milk Entrée Option: Italian Sub	29 Go Global Thursday Chili w/ Cornbread Toppings Bar Relishes and Dip WG Treat Fruit and Milk Entrée Option: Southwest Chicken Salad	30 Lenten Meat-Free Friday Fish Sandwich Mac and Cheese Creamy Calico Slaw Garden Salad Bar Fruit & Milk Entrée option: PBJ Uncrustable

Food for Thought **Lent provides opportunity to try vegetarian entrees.**

During Lent, Catholics abstain from meat on Fridays. Abstinence laws consider that meat comes only from animals such as chickens, cows, sheep or pigs --- all of which live on land. Birds are also considered meat. Abstinence does not include meat juices and liquid foods made from meat. Thus, such foods as chicken broth, consommé, soups cooked or flavored with meat, meat gravies or sauces, as well as seasonings or condiments made from animal fat are technically not forbidden. However, moral theologians have traditionally taught that we should abstain from all animal-derived products (except foods such as gelatin, butter, cheese and eggs, which do not have any meat taste). Fish and shellfish are permitted. (Source: USCCB.org)

So if fish sticks and grilled cheese leave you wanting something new, try these meat-free or vegetarian entrees: a bean burrito or bean & cheese enchilada. Branch out with minestrone, lentil or vegetable soups. Toss salad greens with walnuts, dried or fresh fruit and feta cheese. A stir-fry with tofu or edamame is tasty. Quiche, margarita pizza, pasta primavera... the choices are endless!