



**LEAP Academy Charter School
High School Lunch Menu MARCH-2017**



What is a Meal?
You must choose at least 3 of 5 components available for the school lunch price. Meat or meat alternate, choice of vegetable, choice of fruit, grain/ bread and choice of milk (1% White, Fat Free Chocolate, Fat Free White, Fat Free Vanilla, Fat Free Strawberry).
A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup vegetable MUST accompany a reimbursable lunch!

Weekly Vegetable Subgroups May Include:
Dark green (spinach, broccoli, romaine, spring salad), red/orange (carrots, sweet potatoes, tomatoes, red peppers), beans/peas (legumes), and starchy (white potatoes, corn, peas, lima beans). Other vegetables will include celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage, green peppers.

Daily Fruit Selections May Include:
Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Mellon, Strawberries, Applesauce, Pineapple, and Mandarin Oranges.

DAILY ENTRÉE OPTIONS MAY INCLUDE:

- Cheese Burger on a Bun
- Whole Grain Chicken Patty on a Bun
- Chicken Salad
- Chopped Garden Salad
- Crispy Chicken Wrap
- Spicy Chicken Wrap
- Ham & Cheese Wrap

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-MAR CHICKEN PIZZAIOLA BREAD STICKS BEEF BURRITO (GROUND BEEF) FEATURED VEGGIES: STEAM BROCCOLI MIX GREEN SALAD CHOICE OF FRUIT CHOICE OF MILK	2-MAR HULI-HULI CHICKEN HAWAIIAN STYLE SOFT SHELL TACOS BLACK BEANS FEATURED VEGGIES: MIX GREEN SALAD CHOICE OF FRUIT CHOICE OF MILK	3-MAR PIZZA 3 CHEESES OR CHICKEN FINGER OVEN FRENCH FRIES FEATURED VEGGIES: MIXED GREEN SALAD SLICED CARROTS CHOICE OF FRUIT CHOICE OF MILK
		6-MAR PASTA AL FORNO (BAKED PASTA) CHICKEN NUGGETS FEATURED VEGGIES: SAUTE BRUSSEL SPROUT TOMATOES SALAD CHOICE OF FRUIT CHOICE OF MILK	7-MAR EARLY DISMISSAL LUNCH BAG CHICKEN SANDWICH FEATURED VEGGIES: CARROTS BAG CHOICE OF FRUIT CHOICE OF MILK	8-MAR BEEF CUBE MINISTRONE (VEGETABLE SOUP) CHICKEN FAJITA FEATURED VEGGIES: WHITE BEANS STEAM CARROTS CHOICE OF FRUIT CHOICE OF MILK
13-MAR SLOOPY JOE ORANGE CHICKEN W/BROWN RICE FEATURED VEGGIES: ROMAINESALAD SAUTTE BROCCOLI CHOICE OF FRUIT CHOICE OF MILK	14-MAR MEAT-BALL SANDWICH OVEN BAKE FRIES PHILLY CHEESE STEAK FEATURED VEGGIES: TOMATO SOUP STEAM CARROTS CHOICE OF FRUIT CHOICE OF MILK	15-MAR RICE&BEANS W/CHICKEN PUERTORICAN STYLE BARBECUE CHICKEN STEAMED CORN FEATURED VEGGIES: SAUTEE GREEN BEANS STEAM BROCCOLI CHOICE OF FRUIT CHOICE OF MILK	16-MAR EARLY DISMISSAL LUNCH BAG CHICKEN SANDWICH FEATURED VEGGIES: CARROTS BAG CHOICE OF FRUIT CHOICE OF MILK	17-MAR EARLY DISMISSAL LUNCH BAG CHEESEBURGER FEATURED VEGGIES: CELERY STICK CHOICE OF FRUIT CHOICE OF MILK
20-MAR PENNE ALFREDO W/CHICKEN) MEAT LOAF MASHED POTATO FEATURED VEGGIES: STEAM CARROTS MIX GREEN SALAD CHOICE OF FRUIT CHOICE OF MILK	21-MAR Chicken Tacos SOFT SHELL MEAT-BALL SANDWICH FEATURED VEGGIES: TOSSED SALAD CHERRY TOMATOES CHOICE OF FRUIT CHOICE OF MILK	22-MAR STEAK PIZZAIOLA W/ MASHED POTATO CHICKEN SALAD IN A TORTILLA SHELL FEATURED VEGGIES: ROMAIN SALAD CHOICE OF FRUIT CHOICE OF MILK	23-MAR LASAGNA GARLIC BREAD SESAME CHICKEN STEAM DICE POTATO FEATURED VEGGIES: SAUTEE SPINACH MIX GREEN SALAD CHOICE OF FRUIT CHOICE OF MILK	24-MAR CALZONE HOT-DOG OVEN BAKE FRENCH FRIES FEATURED VEGGIES: CELERY STICK TOMATO SALAD CHOICE OF FRUIT CHOICE OF MILK
27-MAR CHICKEN QUESADILLAS SOFT SHELL SPAGHETTI MEAT BALL WG BUN FEATURED VEGGIES: GREAN PEAS SEAM CARROTS CHOICE OF FRUIT CHOICE OF MILK	28-MAR RAVIOLI RAGU' SAUCE (GROUND BEEF) CHICKEN BRST ON BUN W/LETTUCE&TOMATO FEATURED VEGGIES: SAUTEE BRUSSELS TOMATO&ONIONS SALAD CHOICE OF FRUIT CHOICE OF MILK	29-MAR SALISBURY STEAK WHOLE WHEAT BUN CHICKEN TENDER OVEN BAKE FRIES FEATURED VEGGIES: WHITE BEANS CELERY STIKS CHOICE OF FRUIT CHOICE OF MILK	30-MAR ORANGE POP-CORN CHICKEN W/BROCCOLI&RICE MEAT-LOAF W/ MASHED POTATO FEATURED VEGGIES: STEAM COULIFLOUR MIX GREEN SALAD CHOICE OF FRUIT CHOICE OF MILK	31-MAR CHEF SALAD W/CHICKEN BEAN SOUP W/DICE BEEF CUBE FEATURED VEGGIES: OVEN BAKE FRIES STEAM GREEN BEANS CHOICE OF FRUIT CHOICE OF MILK

