



# ELRA- LUNCH MENU' MARCH 2020



2-MAR	3-MAR	4-MAR	5-MAR	6-MAR
SPAGHETTI TOMATO SAUCE <b>Featured Sides:</b> Mashed Potatoes Orange Milk	Beef Mac on a Whole Grain Roll <b>Featured Sides:</b> Roasted Zucchini Orange Milk Beef Macaroni	SOFT BEEF TACO ON WG TORTILLA  <b>FEATURED SIDES</b> ROMAINE SALAD ORANGE MILK	RICE&CHICKEN W/ WITH BEANS <b>Featured Sides:</b> Steamed Broccoli Applesauce Cup Milk	PIZZA MARGHERITA OVEN BAKE FRIES  <b>Featured Sides:</b>  Milk
NO CHEESE				
9-MAR	10-MAR	11-MAR	12-MAR	13-MAR
RICE&CHICKEN W/ WITH BEANS <b>Featured Sides:</b> Steamed Broccoli Apple Milk	Philly Cheesesteak on a WG Roll  <b>FEATURED SIDES</b> Mixed Veggies Orange Milk Philly Steak with no Cheese WG-Whole Grain	Popcorn Chicken with a Whole Grain Roll <b>Featured Sides:</b> Steamed Corn Banana Milk	Beef Mac on a Whole Grain Roll <b>Featured Sides:</b> Roasted Zucchini Orange Milk Beef Macaroni	Beef Quesadilla on a Whole Grain Tortilla  <b>FEATURED SIDES</b> Steamed Broccoli Applesauce Cup
QUESADILLA WITH NO CHEESE				
16-MAR	17-MAR	18-MAR	19-MAR	20-MAR
Ravioli with Ground Beef <b>Featured Sides:</b> Steamed Green Beans Orange Milk Pasta with Ground Beef	FISH NUGGETS OVEN BAKE FRIES FUTURED SIDE BAGGED BABY CARROTS  BANANA MILK	Beef Meatloaf <b>Featured Sides:</b> Mashed Potatoes Orange Milk	CHICKEN NUGGETS OVEN BAKE FRIES FUTURED SIDE ROMAINE SALAD  Apple MILK	NO SCHOOL
23-MAR	24-MAR	25-MAR	26-MAR	27-MAR
Meatball Sandwich on a Whole Grain Roll <b>Featured Sides:</b> Celery Sticks Applesauce Cup Milk	TURKEY AND CHEESE SANDWICH ON A WG BUN FUTURED SIDE BAGGED BABY CARROTS BANANA MILK	Beef Quesadilla on a Whole Grain Tortilla <b>Featured Sides:</b> Vegetarian Baked Beans Applesauce Cup Milk Quesadilla with no cheese	Popcorn Chicken with a Whole Grain Roll <b>Featured Sides:</b> Steamed Corn Banana Milk	SPAGHETTI TOMATO SAUCE <b>Featured Sides:</b> Mashed Potatoes Orange Milk
30-MAR	31-MAR			
Hamburger Slider on a Whole Grain Roll <b>Featured Sides:</b> Baked Fries Apple Milk	FISH NUGGETS OVEN BAKE FRIES FUTURED SIDE BAGGED BABY CARROTS  BANANA MILK			

**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

Executive chef  
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## ELRA VEGETARIAN MENU' MARCH 2020



MONDAY 2-MAR	TUESDAY 3-MAR	WEDNESDAY 4-MAR	THURSDAY 5-MAR	FRIDAY 6-MAR
VEGETABLE LASAGNA	SPAGHETTIW/ZUCCHINI & TOMATO SAUCE	BLACK BEAN TOSTADA	OVEN BAKE TOFU'	PIZZA MARGHERITA OVEN BAKE FRIES
FEATURED VEGGIES: MIX GREEN SALAD	FEATURED VEGGIES: SAUTEE SPINACH	FEATURED VEGGIES: STEAMED CARROTS	FEATURED VEGGIES: TOMATOES SALAD	FEATURED VEGGIES:
CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK
9-MAR	10-MAR	11-MAR	12-MAR	13-MAR
VEGETABLE MINESTRONE GARLIC BREAD	VEGGIE QUESADILLAS OVEN BAKE FRIES	MAC & CHEESE	VEGGIE BURGER	BOW-TIE PASTA W/ FRESH PARMIGIANO
FEATURED VEGGIES: MIX GREEN SALAD	FEATURED VEGGIES: SAUTEE' BRUSSELS SPROUT	FEATURED VEGGIES: WHITE BEANS	FEATURED VEGGIES: MIX GREEN SALAD	FEATURED VEGGIES: TOMATOES SALAD
CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK
16-MAR	17-MAR	18-MAR	19-MAR	20-MAR
FILET OF FISH SANDWICH OVEN BAKE FRIES	SPAGHETTIW/ZUCCHINI & TOMATO SAUCE	TUNA & TOMATO FLATBREAD	VEGETABLE LASAGNA GARLIC BREAD	PIZZA OVEN BAKE FRIES
FEATURED VEGGIES: MIX GREEN SALAD	FEATURED VEGGIES: SAUTEE' COLIFLOWER	FEATURED VEGGIES: SAUTEE ZUCCHINI	FEATURED VEGGIES: MIX GREEN SALAD	SCHOOL CLOSE
CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK
23-MAR	24-MAR	25-MAR	26-MAR	28-MAR
OVEN BAKE TOFU'	RAVIOLI CREAM SAUCE W/ PARMESAN CHEESE	CALZONE W/ SAUCE OVEN BAKE FRIES	VEGGIE BURGER	VEGGIE QUESADILLAS OVEN BAKE FRIES
FEATURED VEGGIES: WHITE BEANS	FEATURED VEGGIES: SAUTEE STRING BEANS	FEATURED VEGGIES:	FEATURED VEGGIES: SAUTEE' BRUSSELS SPROUT	FEATURED VEGGIES: TOMATOES SALAD
CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK
30-MAR	31-MAR			
BLACK BEAN TOSTADA	MAC & CHEESE			
FEATURED VEGGIES: STEAMED CARROTS	FEATURED VEGGIES: SAUTEE' COLIFLOWER			
CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK			

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**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**

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## ELRA- MARCH

### Snack Menu- -2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-MAR	3-MAR	4-MAR	5-MAR	6-MAR
Blueberry Muffins	MANDARINE ORANGE CUP	Graham Crackers	Animal Crackers	Oatmeal Bar
FRUIT PUNCH	CRANBERRY JUICE	CRANBERRY JUICE	FRUIT PUNCH	APPLE JUICE
9-MAR	10-MAR	11-MAR	12-MAR	13-MAR
BLUEBERRY BAR	CHOCOLATE CHIP CHEWY GRANOLA BAR	Goldfish Crackers	Strawberry Bar	Blueberry Muffins
FRUIT PUNCH	GRAPE JUICE	APPLE JUICE	GRAPE JUICE	FIELD TRIP
				FRUIT PUNCH
16-MAR	17-MAR	18-MAR	19-MAR	20-MAR
OAT-MEAL RAISINS	CINNAMON CRISP	APPLE-SAUCE CUP	Graham Crackers	
CRANBERRY JUICE	APPLE JUICE	APPLE JUICE	CRANBERRY JUICE	SCHOOL CLOSE
23-MAR	24-MAR	25-MAR	26-MAR	27-MAR
Apple Cinnamon Bar	HERTZELS PRETZEL	Goldfish Crackers	Oatmeal Bar	APPLE NUTRIGRAIN
APPLE JUICE	CRANBERRY JUICE	CRANBERRY JUICE	APPLE JUICE	GRAPE JUICE
30-MAR	31-MAR			
OatMeal Bar	CHOCOLATE CHIP CHEWY GRANOLA BAR			
APPLE JUICE	GRAPE JUICE			