

# Covington Hot Lunch Menu

## March 15 to June 3, 2010

### Monday - Week 1

**Cheese Tortellini and bread (Pasta Market)**

*or*

**Chicken Strips and bread (Pasta Market)**

Condiments on the side

Fresh Fruit

Milk\*, Chocolate Milk\*, or Water

### Tuesday - Week 1

**8 oz. Pasta with Butter Sauce and bread (Pasta Market)**

*or*

**8 oz. Pasta with Meat Sauce and bread (Pasta Market)**

Fresh Fruit

Milk\*, Chocolate Milk\*, or Water

### Wednesday - Week 1

**Cheese or Pepperoni Pizza Slice (Skip's)**

Fresh Fruit

Milk\*, Chocolate Milk\*, or

Clover Stornetta 100% Orange Juice

### Thursday - Week 1

**Vegetable Gyoza (Sumo)**

*or*

**Cucumber Rolls (Sumo)**

*or*

**Chicken Teriyaki with rice (Sumo)**

Fresh Fruit

Milk\*, Chocolate Milk\*, or

Honest Kids Berry Lemonade Fruit Juice Drink

### Friday - Week 1

**Bagel with light cream cheese on the side (House of Bagels)**

*or*

**Turkey Bagel Dog (House of Bagels)**

**Odwalla - 11 oz. Citrus C Monster**

A blend of orange, apple, pineapple, passion fruit, and cherry juices with peach and raspberry puree.

### Monday - Week 2

**Cheese Quesadilla with chips (Estrellita's)**

*or*

**Chicken Burrito with chips (Estrellita's)**

Salsa Fresca available

Fresh Fruit

Milk\*, Chocolate Milk\*, or Water

### Tuesday - Week 2

**Grilled Cheese Sandwich on whole grain white bread with baked chips (Pasta Market)**

*or*

**Sirloin Angus Hamburger**

with baked chips (Pasta Market)

Fresh Fruit

Milk\*, Chocolate Milk\*, or Water

### Wednesday - Week 2

**Cheese or Pepperoni Pizza Slice (Skip's)**

Fresh Fruit

Milk\*, Chocolate Milk\*, or

Clover Stornetta 100% Orange Juice

### Thursday - Week 2

**Vegetable Chow Mein (Chef Chu's)**

*or*

**Chinese Chicken Salad (Chef Chu's)**

*or*

**Beef with Broccoli over rice (Chef Chu's)**

Fresh Fruit

Milk\*, Chocolate Milk\*, or

Honest Kids Berry Lemonade Fruit Juice Drink

### Friday - Week 2

**Mac 'n' Cheese and bread (Pasta Market)**

*or*

**4" Turkey Sandwich with Sun Chips (Subway)**

**Odwalla - 11 oz. Strawberry Banana**

Strawberries blended with apple and orange juices and banana puree

\* - Clover Stornetta 1% Milk and Chocolate Milk are rBST and antibiotic free

**Order February 22 to March 5**

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