



## SAR Academy

### March Lunch Program 2010

Monday	Tuesday	Wednesday	Thursday
<b>1</b> Navy Bean Soup Pizza	<b>2</b> French Onion Soup Chicken Pasta Primavera	<b>3</b> Corn Chowder Soup Potato & Sweet Potato Bar Served with: Cheese Sauce Sour Cream Mushrooms	<b>4</b> Minestrone Soup Duck Sauce Chicken Mashed Potatoes
<b>8</b> Tomato Rice Soup Grilled Cheese	<b>9</b> Chicken Noodle Soup Sloppy Joe	<b>10</b> Mushroom Barley Soup Pasta* with Pesto & Marinara Sauce	<b>11</b> Butternut Squash Soup Chicken with Chinese vegetables Brown Rice
<b>15</b> Navy Bean Soup French Bread Pizza	<b>16</b> Lentil Soup Turkey Club Sandwich	<b>17</b> Yellow Split Pea Soup Pasta* with Pesto & Marinara Sauce	<b>18</b> Minestrone Soup BBQ Chicken Egg Barley
<b>22</b> Split pea soup Bagel Bar Make your own sandwich Tuna, egg, cream cheese	<b>23</b> Vegetarian Chilly soup Beef Taco Vegetarian Taco Shredded Lettuce Diced Tomato	<b>24</b> Corn Chowder Soup Pasta* with Pesto & Marinara Sauce	<b>25</b> Egg Drop Soup Chicken fried Rice Vegetarian fried Rice

**Available Daily:**

Fresh Fruit  
Tossed Salad with Mixed Vegetables  
Oil, Vinegar, Lemon Juice  
Choice of Dressings Include: French, Italian,  
Creamy Italian and Russian  
Nursery-2<sup>nd</sup> grade students are served fresh cut  
vegetables  
Hard Boiled Eggs  
Whole Wheat Bread  
Spring Water  
Plain Pasta\*

\*Whole Wheat Pasta is served to Nursery and Kindergarten

**Available On Dairy Days Only:**

Cottage Cheese  
Milk (1% and Fat Free),  
Yogurt

All Food is under the Supervision of the Va'ad of Riverdale

All Food Provided by Five Star Caterers