



# PREPARATION ACADEMY MARCH LUNCH MENU 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <b>First Friday No Lunch Service</b>
4 <b>Orange Glazed chicken, fried Rice.</b>	5 <b>Beef pho with poached veggies</b>	6 <b>Sweet and sour ribs, fried rice, veggies</b>	7 <b>BBQ Tri Tip, mashed po-tatoes, mixed veggies</b>	8 <b>Chicken tenders and Waffles</b>
11 <b>Around the World No Lunch Service</b>	12 <b>Around the World No Lunch Service</b>	13 <b>Chicken Katsu, White Rice, side salad</b>	14 <b>Lasagna , garlic bread, garden salad</b>	15 <b>Around the World No Lunch Service</b>
18 <b>Corned beef, potato hash, veggies</b>	19 <b>Coconut shrimp, island rice, sweet chili sauce, garden salad</b>	20 <b>Chicken Enchilada, Span- ish rice, mixed veggies</b>	21 <b>Penne Pasta with meat- balls, side salad</b>	22 <b>Pulled pork sliders with potato wedges</b>
25 <b>Beef pepper pot stir fry, white rice, vegetable egg roll</b>	26 <b>Taco Tuesday! Grilled chicken and Roasted pork Tacos, Spanish rice.</b>	27 <b>Chicken Wings, potato wedges, coleslaw</b>	28 <b>Ramen, with roasted chicken, veggies</b>	29 <b>Spicy Thai Basil pork, Jasmine rice, side salad</b>

## HUSKY CAFÉ DAILY

### Entree Alternatives:

- Salad Bar
- Cheeseburgers
- Fish Burgers
- Hot dogs
- Specialty Salads
- Deli Sandwiches

### Sides:

- Pre-made Salads
- Fresh Fruit Cup
- Yogurt Parfait
- PB & J Sandwich
- Ice Cream
- Daily dessert

### Hot Alternatives:

- Loaded Baked Potato
- Quesadillas
- Soups + Bread

### Drink Options:

- Bottled Water
- Milk
- Orange Juice
- Lemonade
- Gatorade
- Snapple
- Smoothies

