



**LEAP Academy Charter School UPPER LOWER STEM
SANTIAGO**

Lunch Menu MARCH 2020



MONDAY 2-MAR	TUESDAY 3-MAR	WEDNESDAY 4-MAR	THURSDAY 5-MAR	FRIDAY 6-MAR
PENNE ALFREDO W/CHICKEN SANDWICH MEAT-BALL OVEN BAKE FRIES FEATURED VEGGIES: MIX-GREEN SALAD CHOICE OF FRUIT CHOICE OF MILK	BURRITO-BEAN&CHEESE-RICE SALSA & SOUR CREAM CHICKEN PARMIGIANA BAKE POTATOES FEATURED VEGGIES: SAUTEE SPINACH ROMAINE SALAD CHOICE OF FRUIT CHOICE OF MILK	SIRLOIN STEAK SANDWICH ITALIAN HOAGIE LETTUCE & TOMATO FEATURED VEGGIES: STEAM BROCCOLI TOMATO SALAD CHOICE OF FRUIT CHOICE OF MILK	CHICKEN NUGGETS OVEN BAKE FRIES BAKE ENCHILADA W/GROUND BEEF FEATURED VEGGIES: OVEN VEGGIE BLEND CHOICE OF FRUIT CHOICE OF MILK	PIZZA MARGHERITA OVEN BAKE FRIES BEEF TACOS SOFT SHELL FEATURED VEGGIES: BLACK BEANS CHOICE OF FRUIT CHOICE OF MILK
9-MAR	10-MAR	11-MAR	12-MAR	13-MAR
MAC&CHEESE W/ CHICKEN CALZONE TOP TOMATO SAUCE FEATURED VEGGIES: SAUTEE ZUCCHINI MIX-GREEN SALAD CHOICE OF FRUIT CHOICE OF MILK	CRISPY CHICKEN WRAP OVEN BAKE FRIES BAKE VEGGIE PIE MASHED POTATO FEATURED VEGGIES: TOMATO SALAD CHOICE OF FRUIT CHOICE OF MILK	SLOPPY JOE ON THE ROLL SPAGHETTI MEAT BALL PARMIGIANO CHEESE FEATURED VEGGIES: SAUTEE BROCCOLI CHOICE OF FRUIT CHOICE OF MILK	BEEF STROGANOFF MASHED POTATOES CHICKEN NOODLE SOUP TOAST BREAD FEATURED VEGGIES: MIX-GREEN SALAD CHOICE OF FRUIT CHOICE OF MILK	KUNG-PAO CHICKEN SAUTEE GREEN PEAS FEATURED VEGGIES: CHOICE OF FRUIT CHOICE OF MILK
16-MAR	17-MAR	18-MAR	19-MAR	20-MAR
LASAGNA GARLIC BREAD BEEF QUESADILLA SOFT SHELL FEATURED VEGGIES: STEAM CARROTS MIX-GREEN SALAD CHOICE OF FRUIT CHOICE OF MILK	MONGOLIAN GLAZED WINGS W/ STRING BEANS MEDITERRANEAN GRILLE CHICKEN SALAD FEATURED VEGGIES: SPINACH SALAD CHOICE OF FRUIT CHOICE OF MILK	BEEF STEW(DICE) W/POTATOES HOT-DOG WHOLE-WHEAT BUN FEATURED VEGGIES: MIX-GREEN SALAD CHOICE OF FRUIT CHOICE OF MILK	SCHOOL CLOSE	SCHOOL CLOSE
23-MAR	24-MAR	25-MAR	26-MAR	27-MAR
GENERAL TSO CHICKEN SANDWICH CALZONE TOP TOMATO SAUCE FEATURED VEGGIES: SAUTEE SPINACH CHOICE OF FRUIT CHOICE OF MILK	RAVIOLI W/MEAT SAUCE SAUCE KETO TAQUITOS SOUR CREAM SERVING FEATURED VEGGIES: SAUTEE CARROTS CHOICE OF FRUIT CHOICE OF MILK	FISH SANDWICH LETTUCE&TOMATO RICE BEANS&CHICKEN PUERTORICAN STYLE FEATURED VEGGIES: STEAM BROCCOLI CHOICE OF FRUIT CHOICE OF MILK	SALISBURY STEAK MASHED POTATOES SWEET & SOUR CHICKEN FEATURED VEGGIES: OVEN BRUSSELS SPROUTS CHOICE OF FRUIT CHOICE OF MILK	3 CHEESES PIZZA OVEN BAKE FRIES CHEF SALAD-TOMATO-BEANS TURKEY-HAM CROUTONS-CUCUMBER FEATURED VEGGIES: CHOICE OF FRUIT CHOICE OF MILK
30-MAR	31-MAR			
HULI-HULI CHICKEN HAWAIIAN STYLE OVEN BAKE PASTA W/MOZZARELLA FEATURED VEGGIES: MIX-GREEN SALAD CHOICE OF FRUIT CHOICE OF MILK	TORTELLINI W/ TOMATO SAUCE MEAT-LOAF W/ MASHED POTATO FEATURED VEGGIES: TOMATO SALAD CHOICE OF FRUIT CHOICE OF 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
Michele pastorello
Food & Nutrition Service
Leap Academy Charter School
549 Cooper st.
Camden NJ 08102
Phone-856-614-700105
Fax: 856-338-0203
MPASTORELLO@METZCORP.COM