

# Sejong Academy

**MARCH**

**HOT LUNCH**

**PRICE: STUDENT - \$XX.XX, ADULT - \$XX.XX**

**SERVED DAILY**

Regular Entrée and/or Meatless/Vegetarian Alternate Entree, Sandwich of the Day  
 Fresh Veggies and/or Lettuce - Carrots, Broccoli, Cucumber, Tomatoes, Celery, and/or Romaine, Iceberg, Spinach  
 Low Fat Dressing/Dip  
 Fruit - Apple, Orange, Pear, Banana, Raisins, Craisins, OR Applesauce Cup  
 Variety of Milk, including Skim

Monday		Tuesday		Wednesday		Thursday		Friday	
				<b>Mar 1</b>		<b>Mar 2</b>		<b>Mar 3</b>	
Main				Beef Nachos		Marinated Chicken Leg		Chicken Alfredo	
				Pinto Beans		Yellow Rice		Dinner Roll	
				Salad, Fruit, Milk		Salad, Veggies, Fruit, Milk		Salad, Veggies, Fruit, Milk	
ALT				BBQ Meatball Hoagie		Chicken Shawarma Wrap		Hot Dog	
SOD				Pinto Beans					
VEG				Turkey & Cheese on Bun		Greek Grilled Chicken Salad		Chicken Ranch Wrap	
				Cheese Quesadilla w/ Pinto Beans		Hummus w/ Chips (& Yellow Rice)		Cheesy Pasta & Dinner roll	
<b>Mar 6</b>		<b>Mar 7</b>		<b>Mar 8</b>		<b>Mar 9</b>		<b>Mar 10</b>	
Main	Orange Chicken	Cheesy Breadsticks		BBQ Chicken Leg		Soft Shell Chicken Taco		Meatball Hoagie	
	Steamed Rice	Marinara Sauce		Biscuit & Steamed Corn		w/ Salsa		Baked Beans	
	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk		Salad, Veggies, Fruit, Milk		Salad, Veggies, Fruit, Milk		Salad, Veggies, Fruit, Milk	
ALT	Beef Chili	Italian Sloppy Joe		Cheeseburger		Pancakes w/ Turkey Sausages		Italian Chicken Sandwich	
SOD	Tortilla Chips			Steamed Corn		& Syrup		Baked Beans	
VEG	Roast Beef & Cheese Bagel	Chicken Salad Wrap		Deli Club Sandwich		Chicken Caesar Salad		Southwest Chicken Wrap	
	Orange Tofu w/ Steamed Rice	Cheesy Breadsticks w/ Marinara		Cheese Melt & Steamed Corn		Cheese Quesadilla & Pinto Beans		Italian Cheese Hoagie	
<b>Mar 13</b>		<b>Mar 14</b>		<b>Mar 15</b>		<b>Mar 16</b>		<b>Mar 17</b>	
Main	Sloppy Joe	Mac & Cheese		Chicken Shawarma		Chicken Nachos		Pasta w/ Meatballs	
	Baked Beans	Soft Breadstick		Yellow Rice		Corn Salsa		Garlic Breadstick	
	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk		Salad, Veggies, Fruit, Milk		Salad, Fruit, Milk		Salad, Veggies, Fruit, Milk	
ALT	Corn Dog	Cheeseburger		Hot Dog		Turkey & Cheese Quesadilla		Parmesan Chicken Sandwich	
SOD	Baked Beans					Corn Salsa			
VEG	Turkey & Cheese Sandwich	Grilled Chicken Wrap		Roast Beef & Cheese on Bun		Chef Salad		Tuna Salad Wrap	
	BBQ Tofu on Bun w/ Baked Beans	Mac & Cheese w/ Breadstick		Hummus w/ Chips (& Rice)		Bean & Cheese Nachos w/ Corn Salsa		Italian Pasta w/ Tofu & Garlic Breadstick	
<b>Mar 20</b>		<b>Mar 21</b>		<b>Mar 22</b>		<b>Mar 23</b>		<b>Mar 24</b>	
Main	BBQ Chicken on Bun	Beef & Cheese Lasagna		Walking Taco		Marinated Chicken Leg		Chicken Mostaccioli	
	Potato Wedges	Soft Breadstick		Pinto Beans		Yellow Rice		Dinner Roll	
	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk		Salad, Fruit, Milk		Salad, Veggies, Fruit, Milk		Salad, Veggies, Fruit, Milk	
ALT	Pancakes w/ Turkey Sausages	Chicken Chilli		Chicken & Cheese Quesadilla		Chicken Philly Hoagie		Turkey Enchilada Bake	
SOD	Potato Wedges	Soft Breadstick		Pinto Beans					
VEG	Roast Beef & Cheese on Bun	Santa Fe Chicken Wrap		Turkey & Provolone on Bagel		Tuna Salad on Bun		Chicken Shawarma Wrap	
	BBQ Tofu on Bun w/ Potato Wedges	Cheese Lasagna w/ Breadstick		Cheese Quesadilla w/ Pinto Beans		Cheese Melt		Cheesy Pasta w/ Roll	
<b>Mar 27</b>		<b>Mar 28</b>		<b>Mar 29</b>		<b>Mar 30</b>		<b>Mar 31</b>	
Main	Sloppy Joe	Cheesy Breadsticks		Teriyaki Chicken Bowl		Soft Shell Turkey Taco		Chicken Alfredo	
	Baked Beans	Marinara Sauce		(w/ Steamed Rice)		w/ Corn Salsa		Garlic Breadstick	
	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk		Salad, Veggies, Fruit, Milk		Salad, Fruit, Milk		Salad, Veggies, Fruit, Milk	
ALT	Cheeseburger	Parmesan Chicken Sandwich		Tandoori Chicken		Salisbury Steak		Hot Dog	
SOD	Baked Beans			Steamed Rice		Mashed Potatoes & Roll			
VEG	Turkey & Cheese Sandwich	Grilled Chicken Wrap		Tuna Salad Wrap		Egg Salad Sandwich		Roast Beef & Cheese on Bun	
	BBQ Tofu on Bun w/ Baked Beans	Cheesy Breadsticks w/ Marinara		Tofu Teriyaki w/ Steamed Rice		Bean & Cheese Quesadilla w/ Corn Salsa		Cheesy Pasta w/ Garlic Breadstick	
<p><b>MENUS SUBJECT TO INFREQUENT CHANGE                  BASED ON AVAILABILITY OF ITEMS</b>                  Note: Menus may use ingredients that contain                  peanuts, other nuts/seeds, milk, egg, soybean,                  and other products.</p> <p>All Done Right Food meals are Pork-Free.</p> <p><i>This institution is an equal opportunity provider.</i></p>						<p style="text-align: center;"><b>Our Commitment</b>                  "Healthy Food, Healthy Message"                  We provide wholesome, delicious, real food                  that helps teach the right message to children.</p> <p style="text-align: center;"><b>ANY QUESTIONS? CONTACT:</b>                  School Office or                  DONE RIGHT FOOD @ 763-789-4493 or                  www.donerightfood.com</p>			