

Mar 2020

Roycemore School Lunch

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Did You Know?

Illinois designated popcorn as the official state snack food in 2003. There are 333 farms in Illinois that grow popcorn on 47,000 acres.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| 2 Turkey Meatloaf Roasted Tofu Mashed Potatoes Roasted Broccoli Herb Gravy | 3 Deli Day | 4 Baked Chicken Tenders Panko Tofu Tenders Roasted Corn Mashed Potatoes Mixed Greens | 5 Spaghetti Marinara Sauce Chicken Meatballs Seitan Meatballs Lemon-Garlic Broccoli Parmesan Cheese | 6 Hamburgers Black Bean Burgers Hamburger Bun Cheddar Cheese Tater Tots Marinated Cucumbers |
| 9 Chicken Parmesan Eggplant Parmesan Lemon-Garlic Broccolini Penne w/ Oil and Garlic | 10 Smoked Pulled Pork BBQ Jackfruit Peas and Carrots Cornbread Mild BBQ Sauce | 11 Breakfast for Lunch Buttermilk Pancakes (D,E,G,W) Turkey Sausage Patties Maple Syrup Blueberries | 12 Spaghetti Beef Bolognese Spaghetti Vegan Bolognese Roasted Green Beans & Cherry Tomatoes DF Garlic Bread Parmesan Cheese | 13 Cheese Pizza Roasted Cauliflower Carrot Sticks |
| 16 Korean Ground Turkey Soy Ginger Tofu Steamed White Rice Steamed Broccoli | 17 Bangers and Mash Bratwurst Vegan Sausage Mashed Potatoes Brussels Sprouts | 18 Deli Day | 19 Herb Roasted Chicken Honey Mustard Tofu Tenders Dill Roasted Potatoes Steamed Carrots | 20 Baked Mac and Cheese Steamed Edamame |
| 23 Breakfast for Lunch Bacon Breakfast Burrito Fajita Pepper w/ Cheese -- Burrito Hash Browns Pineapple | 24 Chicken Cacciatore Italian Seitan Stuffed Pepper Spaghetti Lemon & Garlic Broccoli | 25 Ground Beef Taco Salad Lentil Taco Salad Refried Beans Assorted Toppings Tortillas Strips | 26 DF EF GF SF Turkey Swedish Meatballs Veggie Seitan Swedish -- Meatballs Egg Noodles Roasted Cauliflower | 27 Cheese Pizza Steamed Edamame |
| 30 No Lunch | 31 Spring Break! | 1 | 2 | 3 |



**HANDCUT
FOODS**

SUPERIOR FOOD, SERVICE & MGMT

HandCut Foods is nut and shellfish aware; we work diligently to avoid contact with these ingredients. We always offer modifications for known dietary restrictions.