


March 2023 Rockstar Catering	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (Week 3)		<b>This menu is subject to change!</b>	1 8 oz. 1% Milk ½ cup Mixed Fruit 2.2 oz. English Muffin 1 tsp SF Jelly	2 8 oz. 1% Milk 4 oz. 100% Orange Juice ¾ cup WG Corn Flakes 1.25 oz. WG Bread	3 8 oz. Milk ½ cup Mixed Fruit 2.2 oz. Corn Muffin
LUNCH			8 oz. 1% Milk <b>Stuffed Peppers</b> 2 oz. Ground Beef ½ cup Pepper, Onions, and Corn ½ cup Stewed Tomato ½ cup Brown Rice 1.5 oz. Biscuit	8 oz. 1% Milk <b>Chicken Salad Sandwich</b> 2 oz. Chicken Breast ½ cup Tri Bean Salad ¼ cup Celery + Carrot ¼ cup Apple Sauce 2 oz. Enriched Roll	8 oz. 1% Milk <b>Penne + Meatballs</b> 2 oz. Ground Beef ¼ cup Marinara ½ cup Broccoli ¼ cup Oranges ½ cup Penne Pasta 1.5 oz. WG Roll
BREAKFAST (Week 4)	6 8 oz. 1% Milk ½ cup Mixed Fruit ¾ cup WG Oats Cereal 1.25 oz. WG Bread	7 8 oz. 1% Milk ½ cup Mixed Fruit 2.2 oz. WG Toaster Waffle 1 tsp SF Syrup	8 8 oz. 1% Milk ½ cup Mixed Fruit 2.2 oz. English Muffin 1 tsp SF Jelly	9 8 oz. 1% Milk 4 oz. 100% Orange Juice ¾ cup WG Corn Flakes 1.25 oz. WG Bread	10 8 oz. 1% Milk ½ cup Mixed Fruit 2.2 oz. Corn Muffin
LUNCH	8 oz. 1% Milk <b>Sweet &amp; Sour Meatballs</b> 2 oz. Ground Chicken ½ cup Mixed Vegetables ½ cup Pears ½ cup Pasta 1.5 oz. Roll	8 oz. 1% Milk <b>Grilled Chicken Sandwich</b> 2 oz. Chicken Breast 2.2 oz. Tomato + Lettuce ½ cup Apples ½ cup Brown Rice 1.5 oz. WG Roll	8 oz. 1% Milk <b>Chili W/ Franks N Beans</b> 2 oz. All Beef Hot Dog ½ cup Beans ¼ cup Tomato Marinara ¼ cup Mixed Fruit ½ cup Southwestern Rice 1.5 oz. WG Roll	8 oz. 1% Milk <b>Baked Chicken</b> 2 oz. Chicken Breast ½ cup Mixed Vegetables ½ cup Pears ¾ cup Rice + Beans 1.5 oz. Roll	8 oz. 1% Milk <b>Beef and Macaroni</b> 2 oz. Ground Beef ¼ cup Tomato Marinara ¼ cup Mixed Fruit ½ cup Carrots ½ cup Pasta 1.5 oz. WG Roll
BREAKFAST (Week 1)	13 8 oz. 1% Milk ½ cup Mixed Fruit ¾ cup WG Oats Cereal 1.25 oz. WG Bread	14 8 oz. 1% Milk 4 oz. 100% Apple Juice ½ cup WG Oatmeal 1025 oz. WG Bread 1 tsp Margarine	15 8 oz. 1% Milk ½ cup Mixed Fruit 2.2 oz. English Muffin 1 tsp SF Jelly	16 8 oz. 1% Milk 4 oz. 100% Orange Juice ¾ cup WG Corn Flakes 1.25 oz. WG Bread	17 8 oz. 1% Milk ½ cup Mixed Fruit 2.2 oz. Corn Muffin
LUNCH	8 oz. 1% Milk <b>Salesbury Steak</b> 3 oz. Ground Beef ½ cup of Mushrooms + Onions 1/8 cup Fruit Juice ½ cup Brown Rice 1.5 oz. WG Roll	8 oz. 1% Milk <b>BBQ Grilled Chicken</b> 2 oz. Boneless Chicken ½ cup Carrots ¼ cup Mixed Fruit ¼ cup Brown Rice + Beans 1.5 oz. WG Roll	8 oz. 1% Milk <b>German Knockwurst</b> 3 oz. All Beef Knockwurst ¼ cup Sauerkraut ¼ cup Cinnamon Apples 2 oz. Enriched Roll 1 oz. Mustard + Ketchup	8 oz. 1% Milk <b>Turkey Sandwich</b> 2 oz. Sliced Fresh Turkey 1 cup Salad Greens ½ cup Tomato/Cucumbers 2.5 oz. WG Bread 1 TB Balsamic Dressing	8 oz. 1% Milk <b>Polynesian Chicken</b> 2 oz. Boneless Chicken ½ cup Grilled Pineapple ½ cup Stir Fry Veggies 1.5 oz. WG Sweet Hawaiian Roll
BREAKFAST (Week 2)	20 8 oz. 1% Milk ½ cup Mixed Fruit ¾ cup WG Oats Cereal 1.25 oz. WG Bread	21 8 oz. 1% Milk ½ cup Mixed Fruit 2.2 Toaster Waffle 1 tsp SF Syrup	22 8 oz. 1% Milk ½ cup Mixed Fruit 2.2 oz. Corn Muffin	23 8 oz. 1% Milk 4 oz. 100% Orange Juice ¾ cup WG Corn Flakes 1.25 oz. WG Bread	24 8 oz. 1% Milk ½ cup Mixed Fruit 2.2 oz. Corn Muffin
LUNCH	8 oz. 1% Milk <b>Homestyle Meatloaf</b> 3 oz. Ground Beef ½ cup Stewed Tomato ½ cup Carrots 1 oz. Enriched WW Bread 1.5 oz. WR Roll	8 oz. 1% Milk <b>Caribbean Pulled Chicken</b> 2 oz. Boneless Chicken ½ cup Beans, Olives, Vegetables ¼ cup Tomato ¼ cup of Mixed Fruit ¼ cup Yellow Rice 1.5 oz. WG Roll	8 oz. 1% Milk <b>Pasta Bolognese</b> 2 oz. Ground Beef ½ cup Garlicy Broccoli ½ cup Tomato Marinara ½ Shell Pasta 1.5 oz. WG Roll	8 oz. 1% Milk <b>Tuna Salad Sandwich</b> 2 oz. Tuna ½ cup Celery + Carrots 1 cup Salad Greens ½ cup Tomato + Cucumber 2 oz. WG Bread 1 TB Balsamic Dressing	8 oz. 1% Milk <b>Swedish Meatballs</b> 2 oz. Ground Beef ½ cup Onion, Peppers and Mushrooms ½ cup Apples ¼ cup Spätzle Pasta 1.5 oz. WG Roll
BREAKFAST (Week 3)	27 8 oz. 1% Milk ½ cup Mixed Fruit ¾ cup WG Oats Cereal 1.25 oz. WG Bread	28 8 oz. 1% Milk 4 oz. 100% Orange Juice ½ cup Oatmeal 1.25 oz. WG Bread 1 tsp Margarine	29 8 oz. 1% Milk ½ cup Mixed Fruit 2.2 oz. English Muffin 1 tsp SF Jelly	30 8 oz. 1% Milk 4 oz. 100% Orange Juice ¾ cup WG Corn Flakes 1.25 oz. WG Bread	31 8 oz. Milk ½ cup Mixed Fruit 2.2 oz. Corn Muffin
LUNCH	8 oz. 1% Milk <b>Mac N Cheese W/Franks</b> 2 oz. All Beef Hot Dog ½ cup Carrots ½ cup Peas ½ cup Pasta 1.5 oz. Cheese Sauce	8 oz. 1% Milk <b>Asian Turkey Stir-fry</b> 2 oz. Ground Turkey ½ cup Asian Vegetables ½ cup Black Bean Sauce ½ cup Brown Rice 1.5 oz. WG Roll	8 oz. 1% Milk <b>Stuffed Peppers</b> 2 oz. Ground Beef ½ cup Pepper, Onions, and Corn ½ cup Stewed Tomato ½ cup Brown Rice 1.5 oz. Biscuit	8 oz. 1% Milk <b>Chicken Salad Sandwich</b> 2 oz. Chicken Breast ½ cup Tri Bean Salad ¼ cup Celery + Carrot ¼ cup Apple Sauce 2 oz. Enriched Roll	8 oz. 1% Milk <b>Penne + Meatballs</b> 2 oz. Ground Beef ¼ cup Marinara ½ cup Broccoli ¼ cup Oranges ½ cup Penne Pasta 1.5 oz. WG Roll

