SHADY SIDE ACADEMY

Middle School
MARCH 2019

* denotes an upcharge.
Menus are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 **Cheese Pizza** **or Pepperoni Pizza** Orzo Brussels Sprouts Vegetable Medley Gluten Free: GF Pizza
4 **Bowties w/ Creamy Marinara** **or Eggplant Parm Hoagies** Garlic Breadsticks Green Beans Vegetable Medley Gluten Free: GF Pasta w/ Creamy Marinara	5 **Roasted Turkey** **or Baked Cod*** Mashed Potatoes Corn Vegetable Medley Gluten Free: Roasted Turkey	6 **Grilled Cheese** **or Stuffed Tomatoes** Noodles Roasted Carrots Vegetable Medley Gluten Free: GF Grilled Cheese	7 **Boneless Garlic Parmesan Wings** **or Roasted Vegetable Hummus Sandwich** Cheesy Tots Broccoli Vegetable Medley Gluten Free: GF Boneless Garlic Wings	8 **Cheesy Breadsticks w/ Marinara** **or Potato Crusted Cod*** Risotto Roasted Cauliflower Vegetable Medley Gluten Free: Gf Pizza
11 **BBQ Chicken** **or Spinach & Mushroom Swiss Quiche** Potato Wedges Roasted Parsnips Vegetable Medley Gluten Free: BBQ Chicken	12 **Foot Long Hot Dogs** **or Cheesy Tomato Naan** Crinkle Cut Fries Baked Beans Vegetable Medley Gluten Free: Hot Dog on GF Bun	13 **Cheese Quesadilla** **or Chicken Enchilada** Mexican Rice Corn Vegetable Medley Gluten Free: GF Quesadilla	14 **Carolina Pulled Pork** **or Pierogies** Roasted Zucchini Vegetable Medley Gluten Free: GF Pulled Pork	15 **Buffalo Chicken Pizza** **or Cheese Pizza** Garden Rice Peas Vegetable Medley Gluten Free: GF Pizza

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A complete school lunch consists of: soup, salad, entrée (cold or hot), 2 side dishes, fruit, & milk.
We feature locally source vegetables daily (some grown right here on the SSA farm)!