



ELRA- LUNCH MENU' MARCH 2021



1-MAR	2-MAR	3-MAR	4-MAR	5-MAR
SPAGHETTI TOMATO SAUCE Featured Sides: Mashed Potatoes Orange Milk	Beef Mac on a Whole Grain Roll Featured Sides: Roasted Zucchini BANANA MILK Beef Macaroni	CHICKEN NUGGETS OVEN BAKE FRIES FUTURED SIDE ROMAINE SALAD Apple MILK	Ravioli with Ground Beef Featured Sides: Steamed Green Beans Orange Milk Pasta with Ground Beef	PIZZA MARGHERITA OVEN BAKE FRIES Featured Sides: Applesauce Cup Milk
NO CHEESE				
8-MAR	9-MAR	10-MAR	11-MAR	12-MAR
RICE&CHICKEN W/ WITH BEANS Featured Sides: Steamed Broccoli Apple Milk	Philly Cheesesteak on a WG Roll Featured Sides: FEATURED SIDES Mixed Veggies Orange Milk Philly Steak with no Cheese WG-Whole Grain	Popcorn Chicken with a Whole Grain Roll Featured Sides: Steamed Corn Banana Milk	Beef Mac on a Whole Grain Roll Featured Sides: Roasted Zucchini Orange Milk Beef Macaroni	Beef Quesadilla on a Whole Grain Tortilla FEATURED SIDES Steamed Broccoli Applesauce Cup Milk
QUESADILLA WITH NO CHEESE				
15-MAR	16-MAR	17-MAR	18-MAR	19-MAR
PIZZA MARGHERITA OVEN BAKE FRIES FEATURED SIDES Steamed Green Beans Milk	FISH NUGGETS FEATURED SIDES Roasted Zucchini Milk	BOWTIE PASTA TOMATO SAUCE FEATURED SIDES Vegetarian Baked Beans Milk	CHICKEN NUGGETS FEATURED SIDES mixgreen salad Milk	SCHOOL CLOSE
22-MAR	23-MAR	24-MAR	25-MAR	26-MAR
Meatball Sandwich on a Whole Grain Roll Featured Sides: Celery Sticks Applesauce Cup Milk	TURKEY AND CHEESE SANDWICH ON A WG BUN FEATURED SIDE BAGGED BABY CARROTS BANANA MILK	Beef Quesadilla on a Whole Grain Tortilla Featured Sides: Vegetarian Baked Beans Applesauce Cup Milk Quesadilla with no cheese	Popcorn Chicken with a Whole Grain Roll Featured Sides: Steamed Corn Banana Milk	SPAGHETTI TOMATO SAUCE Featured Sides: Mashed Potatoes Orange Milk
29-MAR	30-MAR	32-MAR		
Hamburger Slider on a Whole Grain Roll Featured Sides: Baked Fries Apple Milk	FISH NUGGETS OVEN BAKE FRIES FEAURED SIDE BAGGED BABY CARROTS BANANA MILK	RICE&CHICKEN W/ WITH BEANS Featured Sides: Steamed Broccoli Applesauce Cup 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

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ELRA- VEGETARIAN- MENU'- MARCH-2021



MONDAY 1-MAR	TUESDAY 2-MR	WEDNESDAY 3-MAR	THURSDAY 4-MAR	FRIDAY 5-MAR
OVEN BAKE TOFU'	TUNA & TOMATO FLATBREAD	VEGGIE BURGER	VEGETABLE LASAGNA	CALZONE W/ SAUCE
FEATURED VEGGIES: MIX GREEN SALAD	FEATURED VEGGIES: STEAMED CARROTS	FEATURED VEGGIES: MIX-GREEN SALAD	FEATURED VEGGIES: SAUTEE' GREN BEANS	FEATURED VEGGIES: SAUTEE SPINACH
CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK
8-MAR	9-MAR	10-MAR	11-MAR	12-MAR
BOW-TIE PASTA W/ FRESH PARMIGIANO	SPAGHETTIW/ZUCCHINI & TOMATO SAUCE	MAC & CHEESE	EARLY DISMISSAL LUNCH BAG	EARLY DISMISSAL LUNCH BAG
FEATURED VEGGIES: SAUTEE' BRUSSELS SPROUT	FEATURED VEGGIES: STEAMED CORN	FEATURED VEGGIES: MIXED GREEN SALAD	FEATURED VEGGIES: BAG CARROTS	FEATURED VEGGIES: BAG CARROTS
CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK
15-MAR	16-MAR	17-MAR	17-MAR	18-MAR
SPIRNG BREAK	SPIRNG BREAK	SPIRNG BREAK	SPIRNG BREAK	SPIRNG BREAK
22-MAR	23-MAR	24-MAR	25-MAR	26-MAR
VEGGIE QUESADILLAS	RAVIOLI CREAM SAUCE W/ PARMESAN CHEESE	BLACK BEAN TOSTADA	VEGETABLE MINESTRONE GARLIC BREAD	BLACK BEAN TOSTADA OVEN BAKE FRIES
FEATURED VEGGIES: TOMATOES SALAD	FEATURED VEGGIES: SAUTEE' COLIFLOWER	FEATURED VEGGIES: OVEN BAKE FRIES	FEATURED VEGGIES: SAUTEE' GREN BEANS	FEATURED VEGGIES: BAG CARROTS
CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK
29-MAR	30-MAR	31-MAR		
OVEN BAKE TOFU'	TUNA & TOMATO FLATBREAD	BOW-TIE PASTA W/ FRESH PARMIGIANO		
FEATURED VEGGIES: MIXED GREEN SALAD	FEATURED VEGGIES: STEAMED CARROTS	FEATURED VEGGIES: SAUTEE' BRUSSELS SPROUT		
CHOICE OF FRUIT	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK		

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Daily Fruit Selections May Include:
 Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, 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

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ELRA- MARCH- Snack Menu- -2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-MAR	2-MAR	3-MAR	4-MAR	5-MAR
CHOCOLATE CHIP CHEWY GRANOLA BAR	APPLE NUTRIGRAIN	MANDARINE ORANGE CUP	Animal Crackers	Oatmeal Bar
GRAPE JUICE	GRAPE JUICE	CRANBERRY JUICE	FRUIT PUNCH	APPLE JUICE
8-MAR	9-MAR	10-MAR	11-MAR	12-MAR
BLUEBERRY BAR	Blueberry Muffins FIELD TRIP	Goldfish Crackers	Strawberry Bar	CHOCOLATE CHIP CHEWY GRANOLA BAR
FRUIT PUNCH	FRUIT PUNCH	APPLE JUICE	GRAPE JUICE	GRAPE JUICE
15-MAR	16-MAR	17-MAR	18-MAR	19-MAR
OAT-MEAL RAISINS	CINNAMON CRISP	APPLE-SAUCE CUP	Graham Crackers	
CRANBERRY JUICE	APPLE JUICE	APPLE JUICE	CRANBERRY JUICE	SCHOOL CLOSE
22-MAR	23-MAR	24-MAR	25-MAR	26-MAR
Apple Cinnamon Bar	HERTZELS PRETZEL	Goldfish Crackers	Oatmeal Bar	Blueberry Muffins
APPLE JUICE	CRANBERRY JUICE	CRANBERRY JUICE	APPLE JUICE	FRUIT PUNCH
29-MAR	30-MAR	31-MAR	BYE MARCH	
OatMeal Bar	APPLE NUTRIGRAIN	MANDARINE ORANGE CUP		
APPLE JUICE	GRAPE JUICE	CRANBERRY JUICE		