



The Ramaz School

MARCH MENU for the Middle School



			Thursday 3/1	Friday 3/2
			Purim	Potato Leek Soup Pizza Vegetable Pizza Vegetable Medley Potato Chips (MS only) Hamantaschen
Monday 3/5	Tuesday 3/6	Wednesday 3/7 (Book Day)	Thursday 3/8	Friday 3/9
Vegetarian Chili Cheese/Veggie Quesadillas Brown Rice Pilaf Roasted Carrots Southwest Quinoa Salad Seasonal Fresh Fruit	Mushroom Barley Soup Assorted Deli Sandwiches Roasted Cauliflower Sweet Potato Fries House made macaroni salad Seasonal Fresh Fruit	Bori Bori Soup Chicken Stew w/ rice Mashed Yucca Beef Empanadas Paraguay Cabbage Salad Exotic Fruit Platters	Vegetable Gumbo Fish Tacos Roasted Potatoes Parmesan Zucchini Rounds Mango Jicama Salad Seasonal Fresh Fruit	Tomato Rice Soup Grilled Cheese Grilled Cheese w/ Tomato Vegetable Medley Potato Chips (MS only) Smore Brownies
Monday 3/12	Tuesday 3/13	Wednesday 3/14	Thursday 3/15	Friday 3/16
Lentil Soup Mac and Cheese Roasted Butternut Squash Edamame w/ Sea Salt Chickpea Roasted pepper Salad Seasonal Fresh Fruit	Parent Teacher Conferences	Sweet Potato Bisque Herb Roasted Chicken Corn on the cob Roasted Green beans Kale Caesar Salad Seasonal Fresh Fruit	Oatmeal French Toast Home Fries Roasted Veggies Caprese Salad Seasonal Fresh Fruit	Tuscan Bean Soup Pizza Vegetable Pizza Vegetable Medley Potato Chips (MS only) Strawberry Shortcake
Monday 3/19	Tuesday 3/20	Wednesday 3/21	Thursday 3/22	Friday 3/23
Creamy Mushroom Soup Baked Ziti Steamed Broccoli Roasted Corn Kale Quinoa Salad Seasonal Fresh Fruit	Creamy Cauliflower Soup Taco Tuesday Spanish Rice Roasted Peppers and Onions Fiesta Corn Salad Seasonal Fresh Fruit	Split Pea Soup Shwarma w/ Pita Couscous w/ sauteed onion Roasted Rainbow Veg. Red Cabbage Slaw Seasonal Fresh Fruit	Red Lentil Soup Pasta Bar Wild Mushroom Medley Roasted Broccoli Greek Orzo Seasonal Fresh Fruit	Minestrone Soup Grilled Cheese Grilled Cheese w/ Tomato Vegetable Medley Potato Chips (MS only) Chocolate Chip Cookies
Monday 3/26	Tuesday 3/27	Wednesday 3/28		
Zucchini Garlic Soup Quesadillas Steamed Carrots Sauteed Greens Fruity Balsamic Salad Seasonal Fresh Fruit	Vegetable Soup Spaghetti and Meatballs Pesto Cauliflower Garlic Bread Focaccia Spinach Citrus Salad Seasonal Fresh Fruit	Chicken Noodle Soup General Tso Chicken Edamame w/ Sea Salt Shoestring Fries Caesar Salad Seasonal Fresh Fruit		

Daily Offerings:

- Full Salad Bar
- Tuna Salad / Flake Tuna
- Hard Boiled Eggs
- SunButter / Jelly / Cream Cheese
- Whole Wheat Bread / WW Bagels
- Plain Pasta
- Fresh Fruit