

Week of March 9, 2020

Monday

No School for Students – Research Symposium

Taco Tuesday

Tacos – We start with a blend of Ground Beef and Ground Turkey*, brown and crumble it with Onions and Garlic, and season it to perfection. We put the seasoned meat into Crunchy Corn Taco Shells, and offer an assortment of toppings: Shredded Cheese, Shredded Lettuce, House-made Pico de Gallo, Sour Cream, and Seasoned Black Beans. Served with our fabulous Tri-Color Cole Slaw* and Cool, creamy Butterscotch Pudding*.

Wednesday

Fish – Swordfish is roasted to perfection and served with Chef Randy's heavenly Buerre Blanc Sauce. Dished up with Jasmine Rice, a Garden Salad* and Fresh Fruit*.

Thursday

Spaghetti and Meatballs – Ground Beef and Ground Turkey* are mixed with sweet Onions, Garlic, Bread* and Parsley, cooked to tasty perfection and simmered with our House-made Marinara Sauce*. Tender swirls of Spaghetti are topped with this delicious sauce and served with a sprinkling of tangy Parmesan Cheese. A Caesar Salad and a Berry Oat Bar* round out this comforting meal!

Friday

Pizza – Cheese Pizza* is served with a Garden Salad* that is tossed with Croutons* and our zesty Ranch Dressing*. Fresh Fruit* rounds out the meal.

***Ground Turkey** in Tacos and Meatballs is raised humanely on Koch's Turkey Farm in Tamaqua, PA
Certified Humane Eggs in Meatballs, Caesar Dressing and Mayonnaise in Ranch Dressing from South Mountain Creamery in Middletown, MD
Red Cabbage in Cole Slaw and Garden Salad from Sunny Harvest in Kirkwood, PA
Milk and Cream in Butterscotch Pudding from Cumberland Dairy in Rosenhayn, NJ
Gala Apples from Frecon Fruit Farms in Boyertown, PA
Bread in Meatballs and as Croutons for Caesar and Ranch Salads from Conshohocken Italian Bakery In Conshohocken, PA
Tomatoes in Marinara Sauce from Jersey Fresh/B & G Foods in Williamstown, NJ
Blueberries in Berry Oat Bar from Blueberry Bill Farm in Hammonton, NJ
Cheese Pizza is from Maria's Pizza and Pasta in Conshohocken, PA