



# Boca Prep International

## March 2017 Menu

SCHOOL LUNCH WAS NEVER LIKE THIS!

### Our Foods NEVER contain:

- High Fructose Corn Syrup
- Artificial Trans-fats
- Artificial Flavors and Colors
- Artificial Nitrates
- MSG

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Carving Station: Slow Roasted Turkey with Baked Potato and Mixed Veggies Soup of the Day -or- Quinoa and Mixed Veggies (VEG) -or- Deli Bar	2 Shepherd's Pie -or- Veggie Burger (VEG) -or- Deli Bar WT Creation	3 French Bread Pizzas (VEG) Caesar Salad Soup of the Day -or- Deli Bar
6 Cheese or Chicken Quesadillas with Cheesy Nachos and Fiesta Corn Soup of the Day -or- Cheese Quesadilla (VEG) -or- Deli Bar	7 Spaghetti with Meatballs and Mixed Veggies -or- Spaghetti Marinara (VEG) -or- Deli Bar WT Creation	8 Roasted Chicken Sandwich Sweet Potato Fries Soup of the Day -or- Veggie Burger (VEG) -or- Deli Bar	9 Meatloaf & Mashed Potatoes and Roasted Squash -or- Tofu or Veggie Burger (VEG) -or- Deli Bar WT Creation	10 Baked Fish Sticks (VEG) with Home Fries and Edamame Soup of the Day -or- Deli Bar
13 Baked Chicken Tenders Cheesy Home Fries and Roasted Mixed Vegetables Soup of the Day -or- Cheese Quesadilla (VEG) -or- Deli Bar	14 Hamburgers & Cheeseburgers with Sweet Potato Chips -or- Veggie Burger (VEG) -or- Deli Bar WT Creation	15 Burrito Bowl with Chicken, Rice and Beans Soup of the Day -or- Rice and Beans (VEG) -or- Deli Bar	16 Cheese Ravioli (VEG) with Breadsticks and Roasted Organic Baby Carrots -or- Deli Bar WT Creation	17 Cuban Sandwich with Baked Potato Soup of the Day -or- Tofu or Veggie Burger (VEG) -or- Deli Bar
20 No School	21	22	23	24 No School
27  PROFESSIONAL DEVELOPMENT	28 Taco Tuesday! with Rice -or- Veggie Tacos with Rice (VEG) -or- Deli Bar WT Creation	29 Carving Station: Slow Roasted Roast Beef with Baked Potato and Roasted Mixed Vegetables. Soup of the Day -or- Veggie Burger (VEG) -or- Deli Bar	30 Pasta Station with Red or White Sauce and Roasted Chicken & Broccoli -or- Pasta with Red or White Sauce & Broccoli (VEG) -or- Deli Bar WT Creation	31 Baked Chicken Tenders with Home Fries Soup of the Day -or- Tofu or Veggie Burger (VEG) -or- Deli Bar

### Available Daily:

**Salad Bar:** A variety of fresh lettuce, veggies and house-made dressings. Soup of the day will be offered every Monday, Wednesday and Friday.

### Deli Station:

We will offer a variety of All-Natural, nitrate-free deli meats, along with a variety of fresh, locally-sourced veggies, and house-made dressings. Students have the choice to order a cold sub, or to have their sub hot pressed on our Panini maker!

**WT Creation:** We will offer one of our delicious, from-scratch, desserts every Tuesday and Thursday!



Celebrate and enjoy National Nutrition Month by eating good food, healthy portions, and WT Café's house-made sauces and dressings.

We serve fresh fruits and vegetables DAILY and rotate the choices each day!  
We serve all vegetables roasted, baked,

**Lunch Schedule:**  
11:00-11:50 PreK-5  
11:50-12:30 6-8  
12:30-1:10 9-12