

# THE MARKET MENU

March 2024

Ross Park  
Lunch

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



*Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.*

**1**

- Main Entrees
- French Bread Pepperoni Pizza
  - Seasoned Corn
- Alternate Entrees
- Vanilla Yogurt
  - Lucky Charms Cereal
  - Mango Chunks
  - Pineapple Tidbits

**4**

- Main Entrees
- Classic American Cheeseburger
  - Baked Beans
- Alternate Entrees
- Ham & Turkey Chef Salad
  - Whole Grain Cheez-It Crackers

**5**

- Main Entrees
- Korean BBQ Beef
  - Asian Brown Rice
  - Korean Style Cheese Corn
- Alternate Entrees
- Cereal, Crackers & Yogurt Fun Lunch

**6**

- Main Entrees
- Pancakes
  - Turkey Sausage Link
  - Tater Tots
- Alternate Entrees
- Nachos, Cheese, & Salsa Fun Lunch

**7**

- Main Entrees
- Cheese and Ketchup Meatloaf
  - Mashed Potatoes
  - Beef Gravy
  - Fresh Baked Whole Grain Biscuit
- Alternate Entrees
- Muffin, Pretzel, & Yogurt Fun Lunch

**8**

- Main Entrees
- Cheese Pizza Cruncher
  - Marinara Sauce
- Alternate Entrees
- Vanilla Yogurt
  - Lucky Charms Cereal
  - Mango Chunks
  - Pineapple Tidbits

**11**

- Main Entrees
- Mini Turkey Corn Dogs
  - Baked Beans
- Alternate Entrees
- Ham & Turkey Chef Salad
  - Whole Grain Cheez-It Crackers

**12**

- Main Entrees
- Chicken Nuggets
  - Mini Whole Grain Biscuit
  - Sweet & Spicy Green Beans
- Alternate Entrees
- Cereal, Goldfish & Yogurt Fun Lunch

**13**

- Main Entrees
- Cinnamon French Toast
  - Scrambled Eggs
  - Sweet Potato Bites
- Alternate Entrees
- Nachos, Cheese, & Salsa Fun Lunch

**14**

- Main Entrees
- Teriyaki Chicken
  - Brown Fried Rice
  - Seasoned Broccoli
  - Vegetable Egg Roll
- Alternate Entrees
- Muffin, Pretzel, & Yogurt Fun Lunch

**15**

- Main Entrees
- Seasoned Roasted Potatoes
  - Hot Sliced Corned Beef
  - Shredded Cheddar Cheese
  - Mini Whole Grain Biscuit
- Alternate Entrees
- Vanilla Yogurt
  - Lucky Charms Cereal
  - Pineapple Tidbits
  - Mango Chunks

**18**

- Main Entrees
- Sloppy Joe Meat
  - Baked Tortilla Scoops
  - Cinnamon Roasted Sweet Potato
- Alternate Entrees
- Ham & Turkey Chef Salad
  - Whole Grain Cheez-It Crackers

**19**

- Main Entrees
- Goulash
  - Breadstick
  - Acorn Squash
- Alternate Entrees
- Cereal, Goldfish & Yogurt Fun Lunch

**20**

- Main Entrees
- Whole Grain Waffles
  - Chicken Tenders
  - Tater Tots
- Alternate Entrees
- Nachos, Cheese, & Salsa Fun Lunch

**21**

- Main Entrees
- Hot Turkey & Cheese Sliders
  - Baked Beans
- Alternate Entrees
- Muffin, Pretzel, & Yogurt Fun Lunch

**22**

- Main Entrees
- Cheese Pizza Dunkers with Sauce
  - Orange Glazed Carrots
- Alternate Entrees
- Vanilla Yogurt
  - Lucky Charms Cereal
  - Mango Chunks
  - Pineapple Tidbits

**25**

- Main Entrees
- Walking Beef Taco
  - Mexican Style Refried Beans
- Alternate Entrees
- Ham & Turkey Chef Salad
  - Whole Grain Cheez-It Crackers

**26**

- Main Entrees
- Egg, Veggie & Cheese Frittata
  - Fresh Baked Biscuit
- Alternate Entrees
- Cereal, Goldfish & Yogurt Fun Lunch

**27**

- Main Entrees
- Turkey Pepperoni Pizza
  - Seasoned Corn
- Alternate Entrees
- Nachos, Cheese, & Salsa Fun Lunch

**28**

1/2 Day-No Lunch

**29**

Spring Break-No School

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