



March 2026 Lunch Menu

Café Hours: M-F 6:30-AM – 3:00 PM

Serving Hot Breakfast 6:30AM to 9:30 AM

Serving Hot Lunch: 11:00 AM to 1:30 PM

Happy Hour: 2:00pm-3:00pm

<p>2nd</p> <p>Chicken Corden Bleu Roasted Potato Medley Green Beans</p> <p>Vegetable Beef Soup</p>	<p>3rd</p> <p>Spanish Style Stuffed Pepper Casserole Fiesta Black Beans Spinach Stuffed Portobello</p> <p>Chicken and Noodle Soup</p>	<p>4th</p> <p>Italian Marinated Chicken Party Potatoes Roasted Broccoli Garden Salad w/ Zesty Dressing</p> <p>Cheeseburger Soup</p>	<p>5th</p> <p>Meatloaf Mashed Potatoes w/ brown gravy Peas</p> <p>Mushroom Brie Bisque</p>	<p>6th</p> <p>Tuscan Salmon or Chicken Buttered Noodles Roasted Asparagus</p> <p>Tuscan Tortellini Soup</p>
<p>9th</p> <p>Chicken or Beef Tacos Poblano Queso Dip w/ Chips Spanish Rice Spanish Roasted Cauliflower</p> <p>Smokey Poblano Soup</p>	<p>10th</p> <p>Build a Potato & Sweet Potato Bar w/ Assorted Toppings</p> <p>Chicken and Gnocchi Soup</p>	<p>11th</p> <p>BBQ Porkchops Southern Style Green Beans Mashed Potatoes w/ Gravy Vegetable Lasagna</p> <p>Potato Soup</p>	<p>12th</p> <p>Chicken Parmesan Pasta in Marinara Breadsticks Ceasar Salad</p> <p>Sweet Pepper & Beef soup</p>	<p>13th Pie Day (3.14)</p> <p>Assorted Pizza Pies Garden Salad Bosco Stick w/ marinara</p> <p>Tomato Basil Soup</p>
<p>16th</p> <p>Bruschetta Chicken Asparagus Lemon Orzo</p> <p>Spinach stuffed portobello California Medley Soup</p>	<p>17th St. Patrick's Day!</p> <p>Corned Beef Fried Cabbage Garlic Mashed Potatoes Irish Soda Bread</p> <p>Creamy Shells Florentine Chicken and Dumpling Soup</p>	<p>18th</p> <p>Pulled Pork Sandwiches Macaroni Salad Roasted Veggie Medley Macaroni and Cheese</p> <p>Chicken Tortilla Soup</p>	<p>19th</p> <p>Oven Baked Chicken Twice Baked Cauliflower Roasted Sweet Potatoes</p> <p>Grilled Vegetable Bake Broccoli Cheddar Soup</p>	<p>20th</p> <p>Lemon Garlic Cod Roasted Red Potatoes Rice Pilaf</p> <p>Potato Soup</p>
<p>23rd</p> <p>Chunky Chicken Salad on leaf lettuce Roasted Red Pepper Hummus w/ Fresh Cut Veggies Rosemary Muffins</p> <p>Tomato Basil Soup</p>	<p>24th National Cheesesteak Day!</p> <p>Philly Cheesesteaks With grilled onions and Peppers Super Salad Waffle Fries</p> <p>French Onion Soup</p>	<p>25th</p> <p>Chicken or Shrimp Tacos with Lime Slaw Southwest Salad Black Beans</p> <p>Chicken and Rice Soup</p>	<p>26th</p> <p>Goulash Broccoli Garlic Bread</p> <p>Pasta w/ Marinara Sauce Vegetable Beef Soup</p>	<p>27th</p> <p>Teriyaki Citrus Chicken Stir Fry Veggies Kimchi Fried Rice Vegetable Egg Rolls</p> <p>Cheeseburger Soup</p>
<p>30th</p> <p>Orange Glazed Salmon Asparagus Rice Pilaf</p> <p>Grilled Veggie Bake Broccoli Cheddar Soup</p>	<p>31st</p> <p>Beef or Chicken Fajita Grilled Peppers and Onions Sanchez Rice Guacamole or Poblano queso with Chips</p> <p>Buffalo Chicken Soup</p>	<p>At least 4 out of 5 lunch meals we serve during the week follow the plate method, which encourages a balanced plate: half filled with non-starchy vegetables, one-quarter with lean protein, and one-quarter with healthy carbohydrate. The Apple a Day café only uses lean cooking techniques such as baking, broiling, boiling, grilling, roasting, and air frying to prepare our meals. Menu approved by RD. Milk available upon request.</p>		