

MARCH LUNCH MENU

- Cost: Most lunches range in price from \$5.50 to \$6.50 plus tax.
- All Entrees includes Fresh Fruit & Veggies.
- Place your order online by 6:00 am for the same days lunch.

Order online at www.blueplateseattle.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	Pancake Breakfast Baked Potato Natural Strips Chicken Strips	3 Teriyaki Chicken Cheese Calzone Chicken Corndog Cheese or Chicken Quesadilla	Bean & Cheese Crispy Beef Taco Chicken Strips Meatball Sub	5 Spaghetti wTom Sauce Meatball Calzone Whole Wheat Penne Toasted Ham & Cheese w/Tomato Soup	6 Pizza Lunch
9	Pancake Breakfast Baked Potato Natural Strips Chicken Strips	10 Hamburger/Cheese Chicken Corn Dog Toasted Cheese Sandwich & tomato soup Cheese or Chicken Quesadilla	11 Mac & Cheese Chicken Strips All Natural Chicken Strips Meatball Sub	12 Spaghetti wTom Sauce Meatball Calzone Whole Wheat Penne Toasted Ham & Cheese w/Tomato Soup	13 Pizza Lunch
16	Pancake Breakfast Baked Potato Natural Strips Chicken Strips	17 Teriyaki Chicken Cheese Calzone Chicken Corndog Cheese or Chicken Quesadilla	Bean & Cheese Crispy Beef Taco Chicken Strips Meatball Sub	19 Spaghetti wTom Sauce Meatball Calzone Whole Wheat Penne Toasted Ham & Cheese w/Tomato Soup	20 Pizza Lunch
23	Pancake Breakfast Baked Potato Natural Strips Chicken Strips	24 Hamburger/Cheese Chicken Corn Dog Toasted Cheese Sandwich & tomato soup Cheese or Chicken Quesadilla	25 Mac & Cheese Chicken Strips All Natural Chicken Strips Meatball Sub	26 Spaghetti wTom Sauce Meatball Calzone Whole Wheat Penne Toasted Ham & Cheese w/Tomato Soup	27 Pizza Lunch
30	Pancake Breakfast Baked Potato Natural Strips Chicken Strips	Teriyaki Chicken Cheese Calzone Chicken Corndog Cheese or Chicken Quesadilla			

Fresh Fruit & Fresh Veggies are served with all Hot & Cold Entrees

Cold Entrees (available daily): Pizza Kit, Hummus & Pita , Bagel Lunch • **Sub sandwiches:** Ham & Cheddar, Turkey & Provolone, Italian • **Salads:** Caesar, Chicken Caesar, BLT, Italian Chop

Ala Carte Items: Smoothies (fruit, yogurt, juice), Garlic Bread, Cookies, meatballs & meat sauce on Thursday. All Natural Meats: Hamburgers, Beef taco, Meatballs, All natural gluten free chicken strips, salami. Gluten Free: All Natural gluten free chicken strips, Teriyaki Chicken (w/ no sauce), Cheese or Pepperoni Pizza, Baked potato, beef tacos.