



MARCH LUNCH MENU

- Cost: Most lunches range in price from \$5.50 to \$6.50 plus tax.
- All Entrees include Fresh Fruit & Veggies.
- Place your order online by 6:00 am for the same day 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	4 Bean & Cheese Crispy Beef Taco Chicken Strips Meatball Sub	5 Spaghetti w/Tom Sauce Meatball Calzone Whole Wheat Penne Toasted Ham & Cheese w/Tomato Soup	6 Pepperoni, Cheese - or - Hawaiian Pizza Breaded Fish Sand
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 Conferences	13 Conferences
16 Pancake Breakfast Baked Potato Natural Strips Chicken Strips	17 Teriyaki Chicken Cheese Calzone Chicken Corndog Cheese or Chicken Quesadilla	18 Bean & Cheese Crispy Beef Taco Chicken Strips Meatball Sub	19 Spaghetti w/Tom Sauce Meatball Calzone Whole Wheat Penne Toasted Ham & Cheese w/Tomato Soup	20 Spirit Day
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 w/Tom Sauce Meatball Calzone Whole Wheat Penne Toasted Ham & Cheese w/Tomato Soup	27 Pepperoni, Cheese - or - Hawaiian Pizza Breaded Fish Sand
30 Pancake Breakfast Baked Potato	31 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.