

March 2021

Potters House: Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Sunbutter Fun Lunch</p> <p>Low Fat Cheese Cubes Fresh Banana Celery Sticks</p> <p>1% Low-Fat Milk Skim Milk</p>	<p>2</p> <p>Italian sub W/ Provolone Cheese</p> <p>Fresh Pear Fresh Cherry Tomato Doritos</p> <p>1% Low-Fat Milk Skim Milk</p>	<p>3</p> <p>Ham and Cheese sliders on a Hawaiiin bun (2)</p> <p>Trix Yogurt Goldfish Crackers 100% Fruit Juice Sliced Zucchini W/Ranch</p> <p>1% Low-Fat Milk Skim Milk</p>	<p>4</p> <p>Mixed Berry Parfait w/Granola</p> <p>Blueberry Muffin</p> <p>Fresh Apple Slices Fresh Zucchini Slices</p> <p>1% Low-Fat Milk Skim Milk</p>	<p>5</p> <p>Mini Corn Dogs & Fries</p> <p>Cherry Trix Yogurt Fresh Nectarine Fresh Broccoli</p> <p>1% Low-Fat Milk Skim Milk</p>
<p>8</p> <p>Turkey Ham Lunchable</p> <p>Baby Carrots w/ Ranch Fresh Grapes</p> <p>1% Low-Fat Milk Skim Milk</p>	<p>9</p> <p>Pepperoni Calzone</p> <p>Strawberry Go-Gurt Apple Slices Celery Sticks</p> <p>1% Low-Fat Milk Skim Milk</p>	<p>10</p> <p>Ham & Cheese Lettuce Wrap</p> <p>Fresh Pear Broccoli florets Sun Chips</p> <p>100% Fruit Juice 1% Low-Fat Milk Skim Milk</p>	<p>11</p> <p>Strawberry Parfait w/Granola</p> <p>Banana Muffin</p> <p>Orange Wedges Cherry Tomatoes</p> <p>1% Low-Fat Milk Skim Milk</p>	<p>12</p> <p>Chicken Tenders & French Fries W/ a dinner roll</p> <p>Strawberry Cranraisins Fresh Banana</p> <p>1% Low-Fat Milk Skim Milk</p>
<p>15</p> <p>Ham and Cheese sliders on a Hawaiiin bun (2)</p> <p>Trix Yogurt Goldfish Crackers 100% Fruit Juice Sliced Zucchini W/Ranch</p> <p>1% Low-Fat Milk Skim Milk</p>	<p>16</p> <p>Roast Beef & Cheddar Sub</p> <p>Fresh Pear Fresh Broccoli Florets Sour Cream and onion Baked Lays Potato Chips</p> <p>1% Low-Fat Milk Skim Milk</p>	<p>17</p> <p>Boneless Chicken Wings & Tater Tots</p> <p>Apple Muffin Baby Carrots w/Ranch</p> <p>100% Fruit Juice 1% Low-Fat Milk Skim Milk</p>	<p>18</p> <p>Steak Tornado W/ Salsa Cup</p> <p>Scooby Cinnamon Cookies Fresh Grapes Cherry Tomatoes</p> <p>1% Low-Fat Milk Skim Milk</p>	<p>19</p> <p>Cheeseburger</p> <p>Potato Chips Celery Sticks w/Ranch Orange Wedges Ruffles</p> <p>1% Low-Fat Milk Skim Milk</p>
<p>22</p> <p>Turkey and Cheese Sub</p> <p>Cool Ranch Doritos Baby Carrots w/Ranch Applesauce</p> <p>1% Low-Fat Milk Skim Milk</p>	<p>23</p> <p>Pepperoni Bosco Sticks(2) w. Marinara cup</p> <p>Kiwi Strawberry Slushie Cup Cucumber Slices W/ Ranch</p> <p>1% Low-Fat Milk Skim Milk</p>	<p>24</p> <p>King Size Pretzel W/ Cheese Sauce</p> <p>Low Fat Colby String Cheese 100% Fruit Blue Raspberry Slushie Cucumber Slices</p> <p>1% Low-Fat Milk Skim Milk</p>	<p>25</p> <p>Corn Dog W/ Dinner Roll</p> <p>Potato Chips Fresh Apple Slices Carrot Sticks W/ Ranch</p> <p>1% Low-Fat Milk Skim Milk</p>	<p>26</p> <p>Chicken & Cheese Tornado W/Salsa Cup</p> <p>Doritos Rice krispy Treat Fresh Banana Broccoli W/ Ranch</p> <p>1% Low-Fat Milk Skim Milk</p>
<p>29</p> <p>Turkey Ham and Cheese on a Pretzel Bun</p> <p>Baby Carrots w/Ranch Applesauce</p> <p>1% Low-Fat Milk Skim Milk</p>	<p>30</p> <p>Nacho Fun Lunch Salsa & Cheese cup with Taco meat</p> <p>Scooby Cinnamon Cookies Fresh Grapes Cherry Tomatoes W/ Ranch</p> <p>1% Low-Fat Milk Skim Milk</p>	<p>31</p> <p>Chicken Sandwich</p> <p>Cool Ranch Doritos 100% Fruit Blue Raspberry Slushie Cucumber Slices</p> <p>1% Low-Fat Milk Skim Milk</p>	<p>1</p> <p>Pizza Bagel Fun Lunch</p> <p>Strawberry Go-Gurt Fresh Orange</p> <p>1% Low-Fat Milk Skim Milk</p>	

Menu is pork-free. w/G denotes whole grain. Local produce when available.

Vegetarian options available upon request.

Sunbutter and Jelly sandwich available as alternate meal daily.

For questions or comments with the menu please contact:

GLPS Chartwells Food Service Office 616-452-3296 ext 4332

"This institution is an equal opportunity provider"

