



Aileen Maury Dining Hall

Monthly Menu



March

	MONDAY 1-Mar	TUESDAY 2-Mar	WEDNESDAY 3-Mar	THURSDAY 4-Mar	FRIDAY 5-Mar
SOUP:	Tortilla Soup	Cream of Carrot	Broccoli & Cheddar	Minestrone	Miso Soup
	Cream of Carrot	Creamy Tomato	Minestrone	Lentil	Lentil
SALAD:	Veggie Pasta Salad	Tri-color Cole Slaw	Three Bean Salad	Potato Salad	Grilled Vegetable Pasta Salad
ENTREES:	BBQ Chicken	Stuffed Shells	Chicken Nuggets	Cheese Steak Sandwiches	Pizza Day
HEALTHY ♥	Ratatouille		Meatball Subs		Mesclun Greens Salad & Orange
STARCH:	Baked Potato Bar	Grilled Cheese	Rissole Potatoes	Tater Tot Stars	Mac and Cheese
VEGETABLE:	Buttered Broccoli	Sauteed Zucchini	Vegetable Medley	Vegetable Medley	Steamed Corn
DELI/WRAP:	Tuna & Swiss Roll-Up	Shrimp Salad Pockets	Ham & Swiss Roll-Up	Turkey & Swiss	Turkey Cobb Wrap
DESSERTS:	Cinnamon Apple Sauce	Oreos	Frozen Yogurt	Vanilla Wafers	Ice Cream
	8-Mar	9-Mar	10-Mar	11-Mar	12-Mar
SOUP:					
SALAD:					
ENTREES:					
HEALTHY ♥	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED
STARCH:					
VEGETABLE:					
DELI/WRAP:					
DESSERTS:					
	15-Mar	16-Mar	17-Mar	18-Mar	19-Mar
SOUP:					
SALAD:					
ENTREES:					
HEALTHY ♥	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED
STARCH:					
VEGETABLE:					
DELI/WRAP:					
DESSERTS:					
	22-Mar	23-Mar	24-Mar	25-Mar	26-Mar
SOUP:	Italian Wedding Soup	Alphabet Soup	Cream of Broccoli	Chicken and Rice	Split Pea
	Chicken Noodle	Italian Wedding Soup	Alphabet Soup	Cream of Broccoli	Chicken and Rice
SALAD:	Three Bean Salad	Three Bean Salad	Carrot & Raisin	Veggie Cous Cous	Cucumber Salad
ENTREES:	Spaghetti W/ Meat or Marinara	Chicken Nuggets	Lemon Chicken	Fusilli Pasta W/Meat Sauce	Pizza Day
HEALTHY ♥		Meatball Subs			Eggplant Rollatini
STARCH:	Egg & Cheese on Kaiser Roll	Rissole Potatoes	Mashed Potatoes w/Gravy	Tuna Melt	Mac and Cheese
VEGETABLE:	Eggplant Parm	Steamed Cauliflower	Green Beans Almondine	Steamed Peas	Vegetable Medley
DELI/WRAP:	Ham & Brie on Baguette	Mandarin Chicken Salad Pockets	Italian Sub	Mozzarella w/Roasted Peppers	Marinated Grilled Veggie Wrap
DESSERTS:	Chocolate Chip Cookies	Granola Bars	Frozen Yogurt	Sugar Cookies	Ice Cream
	29-Mar	30-Mar	31-Mar		
SOUP:	Cream of Mushroom	Texas Black Bean	Manhattan Clam Chowder		
	Alphabet Soup	Manhattan Clam Chowder	Manhattan Clam Chowder		
SALAD:	Veggie Pasta Salad	Roasted Corn Salad	Potato Salad		
ENTREES:	Baked Ziti	Beef Taco Bar w/Toppings	Cheese or Hamburgers		
HEALTHY ♥	Eggplant Rollatini	Herb Encrusted Pork Tenderloin			
STARCH:	Rissole Potatoes	Saffron Rice	Baked Potato Puffs		
VEGETABLE:	Vegetable Medley	Vegetarian Tacos (Refried Beans)	Buttered Corn		
DELI/WRAP:	Roast Beef & Provolone Wrap	Marinated Grilled Veggie Wrap	Roast Beef Sloppy Joe		
DESSERTS:	Graham Cracker Fish	Vanilla Wafers	Frozen Yogurt		

SERVED DAILY

SALAD BAR

Variety of Fresh Salads (3 Bean, Baby Corn, Beets, Cottage Cheese, Shredded Cheddar, Alfalfa Sprouts)

Asst. Dressings

Create Your Own Salad – Items

Daily Fresh Assortment

(Carrot Sticks – Celery Sticks

Broccoli – Cucumbers)

Variety of Yogurts (Lite and Regular, Assorted Fruits)

Cut Fresh Fruits, Whole Fruit

BEVERAGE

Poland Spring (8 or 16oz.)

Milk

Chocolate Milk

Skim

Lactose-Reduced Milk

Orange Juice

Apple Juice

Ocean Spray Cranberry Juice

Coffee, Tea, Decaf

DELI

Thumann Turkey

Thumann Ham

Hormel Salami

Oven Roasted Roast Beef

Wraps Rotated Daily

Provolone

Swiss

Muenster

American

Chicken Salad

Egg Salad

Tuna

Skippy Peanut Butter/Jelly

DESSERT STATION

Frozen Yogurt Every Wednesday

Ice Cream Cups Every Friday

Fresh Baked Item Rotated Daily

Cookies, Puddings, Granola Bar

SOUP STATION

2 Freshly Made Daily



A La Carte Thursdays



<i>MARCH 4</i>	Spaghetti and Meatballs w/ a side Salad	\$11 PP
<i>MARCH 11</i>	SCHOOL CLOSED	
<i>MARCH 18</i>	SCHOOL CLOSED	
<i>MARCH 25</i>	Chicken Franchise w/ Rissole Potatoes and Green Beans	\$12 PP

**Please place all orders (by email or Telephone) by the Tuesday before
Orders must be picked up by 4 PM sharp on Thursday
For more information call Dave Pette 908-522-8149**

[Or email dave.pette@oakknoll.org](mailto:dave.pette@oakknoll.org)

Food For Thought Food Services, LLC.

Nutrient	Value	Goal	%Goal	Nutrient	Value		
Kilocalories (kcal)	717.19	664	108%	Zinc (mg)	4.163	Days: 20	
Protein (gm)	36.947	10	369%	Cooper (mg)	0.427		
Carbohydrate (gm)	100.28	68	147%	Manganese (mg)	1.053		
Fat, total (gm)	20.153	22.133	91%	Selenium (mg)	0.044		
Alcohol (gm)	0			Fluoride (ug)	103.356		
Cholesterol (mg)	104.961			Chromium (mg)	0.017		
Saturated Fat (gm)	7.027	7.042	100%	Molybdenum (ug)	15.098		<u>% of Kcals</u>
Monounsaturated Fat	6.38			Dietary Fiber, total	6.699		Protein 20%
Polyunsaturated Fat (gm)	3.578			Soluble Fiber (gm)	0.024		Carbohydrate 55%
MFA 18;1, Oleic (gm)	4.585			Insoluble Fiber (gm)	0.19		Fat, total 25%
PFA 18;2, Linoleic (gm)	2.489			Crude Fiber (gm)	1.03	Alcohol 0%	
PFA 18;3, Linolenic (gm)	0.248			Sugar, total (gm)	33.322		
PFA 20;5, EPA (gm)	0.013			Glucose (gm)	4.75	<u>Exchanges</u>	
PFA 22;6, DHA (gm)	0.057			Galactose (gm)	0.072	Breads/Starch 3.0	
Sodium (mg)	1053.74			Fructose (gm)	3.868	Fruit 1.0	
Potassium (mg)	1166.664			Sucrose (gm)	3.202	Other Carbohydrate 2.0	
Vitamin A (RE)	345.325	224	154%	Lactose (gm)	11.264	Milk – Skim	
Vitamin A (IU)	2190.623			Maltose (gm)	0.713	Milk – Low Fat	
Beta-Carotene (ug)	58.469			Tryptophan (mg)	387.039	Milk – Whole	
Vitamin C (mg)	38.35	15	256%	Threonine (mg)	1297.321	Vegetable 1.0	
Calcium (mg)	448.826	286	157%	Isoleucine (mg)	1565	Meat – Very Lean 1.0	
Iron (mg)	5.178	3.5	148%	Leucine (mg)	2572.29	Meat – Lean	
Vitamin D (ug)	2.607			Lysine (mg)	2365.593	Meat – Medium Fat	
Vitamin D (IU)	104.299			Methionine (mg)	788.286	Meat – High Fat	
Vitamin E	3.266			Cystine (mg)	384.662	Fat 1.5	
Vitamin (IU)	4.867			Phenylalanine (mg)	1369.082		
Alpha-Tocopherol (mg)	0.517			Tyrosine (mg)	1176.527		
Thiamin (mg)	0.556			Valine (mg)	1704.999		
Riboflavin (mg)	0.855			Arginine (mg)	1642.044		
Niacin (mg)	9.419			Histidine (mg)	894.127		
Pyridoxine/Vit B6 (mg)	0.708			Alanine (mg)	1511.199		
Folate (ug)	109.903			Aspartic Acid (mg)	2662.051		
Cobatamine/Vit B12 (ug)	2.095			Glutamic Acid (mg)	5878.999		
Biotin (ug)	8.606			Glycine (mg)	1254.065		
Panthothenic Acid (mg)	2.049			Proline (mg)	2050.09		
Vitamin K (ug)	16.367			Serine (mg)	1425.331		
Phosphorus (mg)	573.585			Moisture (gm)	543.686		
Iodine (ug)				Ash (gm)	6.438		
Magnesium (mg)	111.17			Caffeine (mg)	0.653		

(Sample aggregate nutrient analysis for four-week cycle menu)

