

Rocket Fuel

MCNICHOLAS MARKETPLACE GRILL

NATIONAL NUTRITION MONTH[®]
MARCH 2019

eat right. Academy of Nutrition and Dietetics

Monday	Tuesday	Wednesday	Thursday	Friday March 1, 2019
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
				Closed Until 10am

LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
				Coney
				Nachos /Cheese
				Turkey Club on Rye

AVAILABLE DAILY

Assorted Bagels	Fresh Whole Fruit	French Fries
Fruit and Yogurt Parfait	Salad Bar	Onion Rings
Fruit and Cheese Cups	Hard-boiled Eggs	Celery Stick and Peanut Butter Cup
Dannon Yogurt with Fruit	Protein Bars	Carrot and Ranch Cup
Oikos Greek Yogurt (low sug/low carb)	Granola Bars	Fresh Baked Cookies
Fresh Fruit Cups	Beef Jerky	Hummus & Pretzel Chips



All items shown in green are designated "Balanced Choices," healthier options for a balanced diet.



MCNICHOLAS MARKETPLACE GRILL

Monday March 4, 2019	Tuesday March 5, 2019	Wednesday March 6, 2019	Thursday March 7, 2019	Friday March 8, 2019
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Breakfast Burrito	Beignets	Biscuit & Gravy	French Toast Sticks	Breakfast Sandwich

Fat Tuesday Lent Begins

LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Mac & Cheese	Fat Tuesday!!!!	Ash Wednesday!	Big Daddy Pizza	Popcorn Shrimp
Chicken Parmesan Sandwich	Jambalaya/Cornbread	Sushi	Chicken Tenders	Cheese Tortellini
Beef BBQ Sandwich	Blackened Cajun Chicken Sandwich	Macaroni & Cheese/ Fish Nuggets	BYO Burger Bar	Soft Pretzels/Cheese Sauce

AVAILABLE DAILY

Assorted Bagels	Fresh Whole Fruit	French Fries
Fruit and Yogurt Parfait	Salad Bar	Onion Rings
Fruit and Cheese Cups	Hard-boiled Eggs	Celery Stick and Peanut Butter Cup
Dannon Yogurt with Fruit	Protein Bars	Carrot and Ranch Cup
Oikos Greek Yogurt (low sug/low carb)	Granola Bars	Fresh Baked Cookies
Fresh Fruit Cups	Beef Jerky	Hummus & Pretzel Chips



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Monday March 11, 2019	Tuesday March 12, 2019	Wednesday March 13, 2019	Thursday March 14, 2019	Friday March 15, 2019
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST

LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	Spring Break !!!!	Be Safe!	Spring Break!!!!	

AVAILABLE DAILY

Assorted Bagels	Fresh Whole Fruit	French Fries
Fruit and Yogurt Parfait	Salad Bar	Onion Rings
Fruit and Cheese Cups	Hard-boiled Eggs	Celery Stick and Peanut Butter Cup
Dannon Yogurt with Fruit	Protein Bars	Carrot and Ranch Cup
Oikos Greek Yogurt (low sug/low carb)	Granola Bars	Fresh Baked Cookies
Fresh Fruit Cups	Beef Jerky	Hummus & Pretzel Chips



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MCNICHOLAS MARKETPLACE GRILL



Monday March 18, 2019	Tuesday March 19, 2019	Wednesday March 20, 2019	Thursday March 21, 2019	Friday March 22, 2019
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
French Toast Sticks	Breakfast Sandwich	Cinnamon Rolls	Breakfast Burrito	Oatmeal

LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Nat'l Sloppy Joe Day	Munch Madness! Fried Cheese Sticks	Nat'l Ravioli Day	Nat'l Crunchy Taco Day	Mexican Personal Pizza
Sloppy Joe/Tater Tots	Mini Corn Dogs	Cheese Ravioli	Crunchy Taco	Fish Sandwich
Chicken Tenders	Cheeseburger Sliders	Big Daddy Pizza	Chicken Tenders	Macaroni & Cheese

AVAILABLE DAILY

Assorted Bagels	Fresh Whole Fruit	French Fries
Fruit and Yogurt Parfait	Salad Bar	Onion Rings
Fruit and Cheese Cups	Hard-boiled Eggs	Celery Stick and Peanut Butter Cup
Dannon Yogurt with Fruit	Protein Bars	Carrot and Ranch Cup
Oikos Greek Yogurt (low sug/low carb)	Granola Bars	Fresh Baked Cookies
Fresh Fruit Cups	Beef Jerky	Hummus & Pretzel Chips



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MCNICHOLAS MARKETPLACE GRILL

Monday March 25, 2019	Tuesday March 26, 2019	Wednesday March 27, 2019	Thursday March 28, 2019	Friday March 29, 2019
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Bacon & Cheese Quiche	Pancakes	Scrambled Eggs	Breakfast Sliders	French Toast Sticks

LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Nat'l Waffle Day	Big Daddy Pizza	Munch Madness! Chicken Tenders	Nat'l Black Forest Cake Day	Baked Potato Bar
Fruited Waffle Bar	Fiesta Lime Chicken Sandwich	BYO Ultimate Nachos	Big Daddy Pizza	Fish & Chips Basket
Chicken & Waffle	Bosco Breadsticks	Soft Pretzels	Meatlover's Pasta Bake	Mac & Cheese

AVAILABLE DAILY

Assorted Bagels	Fresh Whole Fruit	French Fries
Fruit and Yogurt Parfait	Salad Bar	Onion Rings
Fruit and Cheese Cups	Hard-boiled Eggs	Celery Stick and Peanut Butter Cup
Dannon Yogurt with Fruit	Protein Bars	Carrot and Ranch Cup
Oikos Greek Yogurt (low sug/low carb)	Granola Bars	Fresh Baked Cookies
Fresh Fruit Cups	Beef Jerky	Hummus & Pretzel Chips



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