



SAR Academy Lunch Program 2009-2010

Monday	Tuesday	Wednesday	Thursday
Split Pea Soup Potato & Sweet Potato Bar Served with: Cheese Sauce Sour Cream Mushrooms Pasta*	Chicken Noodle Soup Sloppy Joe Pasta*	Navy Bean Soup Pizza	Egg Drop Soup Roast Chicken Barley
Tomato Rice Soup Grilled Cheese Pasta*	Lentil Soup Turkey Club Sandwich Pasta*	Yellow Split Pea Soup Pasta* with Pesto & Marinara Sauce	Minestrone Soup BBQ Chicken Brown Rice
Split Pea Soup Potato & Sweet Potato Bar Served with: Cheese Sauce Sour Cream Mushrooms Pasta*	Chicken Noodle Soup Meat Tacos Taco Shells Pasta*	Navy Bean Soup French Bread Pizza	Egg Drop Soup Roast Chicken Barley
Tomato Rice Soup Grilled Cheese Pasta*	Lentil Soup Chicken Pasta Primavera	Yellow Split Pea Soup Pasta* with Pesto & Marinara Sauce	Minestrone Soup BBQ Chicken Brown Rice

Available Daily:

Fresh Fruit
Tossed Salad with Mixed Vegetables
Oil, Vinegar, Lemon Juice
Choice of Dressings Include: French, Italian,
Creamy Italian and Russian
Nursery-2nd grade students are served fresh cut
vegetables
Hard Boiled Eggs
Whole Wheat Bread
Spring Water

Available On Dairy Days Only:

Cottage Cheese
Milk (1% and Fat Free),
Yogurt
Tuna

*Whole Wheat Pasta is served to Nursery - 2nd Grade

All Food is under the Supervision of the Va'ad of Riverdale
All Food Provided by Five Star Caterers