

Regular Lunch Menu (March 2024)



Taste Our Exciting New Items!

	MON	TUE	WED	THU	FRI
					1
ENTRÉE					Cheese Pizza (WGR)
VEGETARIAN					Cheese Pizza (WGR)
VEGETABLE					Broccoli
FRUIT					Melon
	4	5	6	7	8
ENTRÉE	Pasta Marinara with Turkey Meatball (WGR)	Vegetarian Chili with Cheese and Dinner Rolls (WGR)	Chicken Fried Rice (WGR)	Mac and Cheese (WGR)	Hot Dog (WGR)
VEGETARIAN	Vegan Meatball Pasta Marinara (WGR)	Vegetarian Chili with Cheese and Dinner Rolls (WGR)	Tofu Fried Rice (WGR)	Mac and Cheese (WGR)	Vegan Burger (WGR)
VEGETABLE	Marinara Sauce, Onion	Tomatoes, Corn, Black and Kidney Beans	Cucumber	Peas and Carrots	Carrot Sticks
FRUIT	Mandarin	Apple	Sliced Oranges	Banana	Melon
	11	12	13	14	15
ENTRÉE	Butter Pasta with Chicken (WGR)	Chicken Noodle Soup (WGR)	Teriyaki Chicken & Rice (WGR)	Creamy Alfredo (WGR)	Chicken Burger (WGR)
VEGETARIAN	Vegan Pasta Marinara (WGR)	Vegan Noodle Soup (WGR)	Teriyaki Tofu & Rice (WGR)	Creamy Alfredo (WGR)	Vegan Burger (WGR)
VEGETABLE	Butter, Peas	*Celery, Carrots, Parsley	Edamame	Peas and Carrots	Pickles
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Melon
	18	19	20	21	22
ENTRÉE	Chicken Tikka Masala with Rice (WGR)	Chicken Burrito Bowl (WGR)	Chicken Yakisoba (WGR)	BBQ Chicken with Corn Bread (WGR)	Chicken Nuggets with Smiley Face Fries (WGR)
VEGETARIAN	Tofu Tikka Masala with Rice (WGR)	Veggie Burrito Bowl (WGR)	Tofu Yakisoba	Vegan BBQ Chicken with Corn Bread (WGR)	Vegan Nuggets with Smiley Face Fries (WGR)
VEGETABLE	Potato, Tomato, Carrots	Corn, Tomato, Black Beans, Onions	Vegetable Medley	Cole Slaw	Baby Carrots
FRUIT	Mandarin	Apple	Sliced Oranges	Banana	Melon
	25	26	27	28	29
ENTRÉE	Chicken Noodle Soup (WGR)	Cheese Quesadilla (WGR)	Orange Chicken & Rice (WGR)	Turkey Pasta Bolognese (WGR)	Corn Dog (WGR)
VEGETARIAN	Vegan Noodle Soup	Cheese Quesadilla (WGR)	Orange Tofu & Rice (WGR)	Pasta Vegan Bolognese (WGR)	Vegan Burger (WGR)
VEGETABLE	*Celery, Carrots, Parsley	Broccoli	*Vegetable Medley	*Onion, Tomato, Carrots, Celery	Cucumber
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Melon

Pre-School Serving Sizes

Meat 2.0 oz Grains 1-2 oz Bread 1/2 slice Vegetables 1/4 cup Fruit 1/4 cup

Grade - High School Serving Sizes

Meat 2.5 oz Grains 2-3 oz Bread 1 slice Vegetables 3/4 cup Fruit 3/4 cup

Dairy Free (DF) Gluten Free (GF) Soy Free (SF)

Veggie inside entree marked with (*)

Items marked with ^ contain Allergens. See ingredient list for detail

The main grain component in each meal are "WGR" - Whole Grain Rich