



March 2020 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	3 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	4 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	5 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	6 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
9 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	10 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	11 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	12 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	13 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
16 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	17 (V) Whole grain pizza* Garden salad Fresh fruit	18 Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	19 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	20 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
23 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	24 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	25 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy # Grated cheese Spinach salad Fresh fruit	26 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter* * Fresh fruit	27 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit
30 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	31 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit			

(V) Vegetarian meal
#Gluten free

+Whole wheat
^Vegan



March 2020 – Breakfast/Snack

Monday	Tuesday	Wednesday	Thursday	Friday
2 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	3 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	4 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	5 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	6 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
9 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	10 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	11 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	12 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	13 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
16 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	17 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt	18 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	19 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	20 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
23 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	24 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	25 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	26 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	27 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
30 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	31 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt			

+Whole grain