

# Lunch K-8

**MARCH 2024**

**MON**

**TUE**

**WED**

**THU**

**FRI**

**4**  
Chicken Nuggets w/  
Ketchup & Baked Beans  
**or**  
Falafel Bites w/ Quinoa  
Pilaf, Black Beans &  
Tomato (V)  
Fresh Apple

**5**  
Beef Meatballs in Tomato  
Sauce w/ Club Roll  
**or**  
Home-Style Macaroni &  
Cheese (V)  
Broccoli  
Fresh Pear

**6**  
Hot Honey Chicken Ciabatta  
Sandwich  
**or**  
French Toast Sticks w/  
Scrambled Eggs (V)  
Roasted Sweet Potatoes  
Fresh Apple

**7**  
Adobo Chicken w/ Cilantro  
Brown Rice & Street Corn  
**or**  
Veggie Burger w/ Ketchup  
& Roasted Potatoes (V)  
Fresh Banana

**1**  
Turkey & Cheese Sandwich  
w/ Mayonnaise  
**or**  
Cheese Pizza (V)  
Baby Carrots w/ Ranch  
Dressing  
Fresh Apple

**8**  
Egg Salad Sandwich (V)  
**or**  
French Bread Cheese  
Pizza (V)  
Celery w/ Ranch Dressing  
Fresh Apple

**11**  
Meatloaf w/ Gravy, Mashed  
Potatoes & Dinner Roll  
**or**  
Cheese Quesadilla w/ Sour  
Cream and Street Corn (V)  
Fresh Apple

**12**  
BBQ Chicken w/ Brown  
Rice & Baked Beans  
**or**  
Chickpea Marinara Pasta  
(V)  
Fresh Pear

**13**  
Buffalo Chicken Melt  
Flatbread  
Celery Sticks w/ Ranch  
Dressing  
**or**  
Cheese Raviolis w/ Green  
Beans (V)  
Fresh Apple

**14**  
Turkey Fajita w/ Brown Rice  
& Carrots  
**or**  
Stuffed Bread Sticks w/  
Marinara Sauce & 100%  
Vegetable Juice (V)  
Fresh Banana

**15**  
Chicken Salad Sandwich  
**or**  
Cheese Pizza (V)  
Garden Salad w/ Ranch  
Dressing  
Fresh Apple

**18**  
BBQ Beef Meatballs w/  
Club Roll  
**or**  
Pasta w/ Tomato Sauce &  
Mozzarella Cheese (V)  
Broccoli  
Fresh Apple

**19**  
Chicken Tenders w/  
Ketchup & Roasted  
Potatoes  
**or**  
Protein Pasta Alfredo w/  
Peas (V)  
Fresh Pear

**20**  
Turkey Hot Dog w/ Ketchup  
& Baked Beans  
**or**  
Spanish Rice w/ Beans &  
Cheese (V)  
Fresh Apple

**21**  
Chicken Caesar Salad w/  
Pita Bread  
**or**  
Cheese Lasagna in  
Tomato Sauce w/ Green  
Beans (V)  
Fresh Banana

**22**  
Chicken Breast  
Sandwich w/ Mayo  
**or**  
French Bread Cheese  
Pizza (V)  
Baby Carrots w/ Ranch  
Dressing  
Fresh Apple

**25**  
Beef Cheeseburger w/  
Ketchup  
**or**  
Egg & Cheese Sandwich w/  
Ketchup (V)  
Roasted Potatoes  
Fresh Apple

**26**  
**NEW!** Turkey Salsa Bowl  
w/ Ranchero Rice & Pinto  
Beans  
**or**  
Spanish Rice w/ Beans &  
Cheese (V)  
Fresh Pear

**27**  
Spaghetti & Beef Meatballs  
in Tomato Sauce w/ Broccoli  
**or**  
Veggie Burger w/ Ketchup  
Garden Side Salad w/ Ranch  
Dressing (V)  
Fresh Apple

**28**  
Crispy Cheesy Chicken  
Biscuit Sandwich  
Celery Sticks w/ Ranch  
Dressing  
**or**  
Cobb Salad w/ Pita Bread  
(V)  
Fresh Banana

**29**  
Turkey & Cheese Sandwich  
w/ Mayonnaise  
**or**  
Cheese Pizza (V)  
Baby Carrots w/ Ranch  
Dressing  
Fresh Apple

## DID YOU KNOW...

- ✓ All grain products are wholegrain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

## Lunch Milk Choices

1% Unflavored Milk  
Skim Unflavored Milk

## Please Note

Locally Grown Component Served Daily

Menu is subject to change

Vegetarian Meal Options are indicated with a "V"



This institution is an equal opportunity provider.



# Lunch Pre-K

**MARCH 2024**

**MON**

**TUE**

**WED**

**THU**

**FRI**

**4**

Beef Burger w/ Ketchup & Green Beans  
**or**  
Spanish Rice & Beans w/ Plantain (V)  
Apple Slices

**5**

Pasta & Chicken Meatballs in Tomato Sauce w/ Italian Vegetables  
**or**  
Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V)  
Fresh Pear

**6**

**NEW!** Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans  
**or**  
Home Style Macaroni & Cheese w/ Broccoli (V)  
Fresh Apple

**7**

Meatloaf w/ Gravy & Mashed Potatoes  
**or**  
Penne w/ Chickpeas in Tomato Sauce (V)  
Broccoli  
Orange Slices

**1**

Penne Pasta in Tomato Sauce w/ Mozzarella & Ricotta Cheese (V)  
Italian Vegetables  
Fresh Apple

**8**

Cheese Pizza (V)  
Garden Salad w/ Ranch Dressing  
Fresh Apple

**11**

Chicken Parmesan w/ Green Beans  
**or**  
Penne Pasta in Tomato Sauce w/ Mozzarella Cheese & Italian Vegetables (V)  
Apple Slices

**12**

Spanish Rice & Beans w/ Plantain (V)  
Fresh Apple

**13**

Salisbury Steak w/ Roasted Potatoes  
**or**  
Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V)  
Fresh Pear

**14**

BBQ Chicken w/ Sweet Mashed Potatoes  
**or**  
Home-Style Macaroni & Cheese w/ Broccoli (V)  
Orange Slices

**15**

Turkey Fajita w/ Brown Rice & Corn  
**or**  
Cheese Pizza w/ Garden Salad & Ranch Dressing (V)  
Fresh Apple

**18**

Chicken Meatballs w/ Tomato Sauce, Mozzarella Cheese & Sub Roll  
**or**  
Cheese Raviolis w/ Tomato Sauce (V)  
Italian Vegetables  
Apple Slices

**19**

Chicken Mole w/ Brown Rice Pilaf & Green Peas  
**or**  
Spanish Rice & Beans w/ Plantain (V)  
Fresh Pear

**20**

Chicken Fingers w/ Ketchup  
**or**  
Falafel Nuggets w/ Whole Wheat Bread Slice (V)  
Corn  
Fresh Apple

**21**

Penne w/ Beef Meat Sauce & Italian Vegetables  
**or**  
Penne w/ Tomato Sauce & Chickpeas (V)  
Broccoli  
Orange slices

**22**

Home-Style Macaroni & Cheese w/ Broccoli (V)  
Fresh Apple

**25**

Chicken Bites w/ Roasted Potatoes  
**or**  
Vegetarian Chili w/ Brown Rice & Green Beans  
Apple Slices

**26**

Turkey Chili w/ Whole Wheat Bread Slice & Mixed Vegetables  
**or**  
Spanish Rice & Beans w/ Plantain (V)  
Fresh Apple

**27**

Cheese Raviolis w/ Tomato Sauce & Italian Vegetables (V)  
Fresh Pear

**28**

Adobo Chicken w/ Cilantro Brown Rice & Street Corn  
**or**  
Home-Style Macaroni & Cheese w/ Broccoli (V)  
Orange Slices

**29**

Penne Pasta in Tomato Sauce w/ Mozzarella & Ricotta Cheese (V)  
Italian Vegetables  
Fresh Apple

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