

## March 2024 -- Breakfast

Juice or Fresh Fruit and Choice of Milk available at every meal



Monday	Tuesday	Wednesday	Thursday	Friday
03/04/2024 Cinn. Raisin WG Bagel(VG) Cream Cheese Fresh Tangerines Choice of Milk	03/05/2024 Apple Caramel WW Bread Pudding (V) Fruit Punch Juice Choice of Milk	03/06/2024 Cereal Cheerios Multigrain (V/VG) Assorted Light Yogurt Bananas Choice of Milk	03/07/2024 Homemade WW Banana Bread (V) Mozzarella Cheese Stick** Fresh Apples Choice of Milk	03/08/2024 WG English Muffin & Chicken Patty English Muffin w/ Meatless Patty (V/VG) Fresh Pears Choice of Milk
03/11/2024 Cinnamon Soft Round Granola Bar (V) Fruit Punch Juice Choice of Milk	03/12/2024 WG Blueberry Muffin (V) Fresh Oranges Choice of Milk	03/13/2024 Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Bananas Choice of Milk	03/14/2024 WW Breakfast Roll w/ Cheesy Scramble Eggs (V) Fresh Apples Choice of Milk	03/15/2024 Sunny Day Parfait w/ Mandarines & Pears (V) Choice of Milk
03/18/2024 WG French Toast Sticks (V/VG) Syrup Maple (ss) Fresh Pears Choice of Milk	03/19/2024 WW Egg Burrito & Turkey Sausage Tofu Burrito & Vegan Sausage (V/VG) Fresh Tangerines Choice of Milk	03/20/2024 Cinnamon Toast Crunch Cup (V/VG) Cranberry Juice Choice of Milk	03/21/2024 Homemade WW Gingerbread Muffin (V) Fresh Apples Choice of Milk	03/22/2024 WG Eggo Mini Cinnamon Waffles (V) Syrup Maple (ss) Bananas Choice of Milk
03/25/2024 NO SCHOOL TODAY	03/26/2024 NO SCHOOL TODAY	03/27/2024 NO SCHOOL TODAY	03/28/2024 NO SCHOOL TODAY	03/29/2024 NO SCHOOL TODAY

Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy.

Locally Grown Components Daily Served: According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu: Apples (PA/ VA /MD), Sweet Potato (NC).

Dairy - Free (DF), Gluten Free (GF), Vegan (VG), Vegetarian (V) options available daily upon request. WG = Whole Grain WW = Whole Wheat



## March 2024 -- Lunch

Juice or Fresh Fruit and Choice of Milk available at every meal



Monday	Tuesday	Wednesday	Thursday	Friday
03/04/2024	03/05/2024	03/06/2024	03/07/2024	03/08/2024
Turkey Hot Dog** on a WG Bun Veggie Hot Dog** Roasted Sweet Potatoes Ketchup (ss) Fresh Pears Choice of Milk	Roasted Chicken Baked Chickenless (V/VG) Middle Eastern Brown Rice w/Lentils (V/VG) Apples Choice of Milk	Chicken Caesar WW Wrap Chicken Meatless Caesar WW Wrap (V) Vanilla Squash (V) Grape Juice Choice of Milk	One Pot Chicken Fajita Pasta w/Rd. & Gr. Pepper Chicken Meatless Fajita WG Pasta(V/VG) Fresh Tangerines Choice of Milk	Golden Crispy Chicken Tenders Breaded Veggie Tender-VG Garlic Roasted Potatoes Ketchup (ss) Bananas Choice of Milk
03/11/2024 Turkey Latin Br. Rice & Bl. Beans Veggie Latin Rice & Bl. Beans (V/VG) Apples Choice of Milk	03/12/2024 Creamy Baked Chicken WG Penne Pasta Baked Chicken Meatless WG Pasta (V/VG) Roasted Cauliflower Fresh Pears Choice of Milk	03/13/2024 Crunchy Chicken WG Wrap w/Buffalo & Ranch Dress. Veggie Chicken WG Wrap w/Buffalo & Ranch Dress. Roasted Broccoli w/Garlic & Parmesan Orange Juice Choice of Milk	03/14/2024 Turkey Meatballs WG Sub. w/Cheese Veggie Meatballs WG Submarine (V/VG) Creamy Mashed Potatoes Fresh Tangerines Choice of Milk	03/15/2024 WG Cheese Pizza (V) Kale Salad w/ Cucumber & Tomatoes (V/VG) Bananas Choice of Milk
03/18/2024 WW Chicken Faijtas w/ Red Peppers WW Chicken Meatless Faijta w/Rd. Pepper(V/VG) Sour Cream (ss) Apples Choice of Milk	03/19/2024 One-Pan Turkey Taco WG Macaroni & Cheese One-Pan Veggie Taco WG Macaroni & Cheese(V) Broccoli Florets Fruit Punch Juice Choice of Milk	03/20/2024 Breaded Chicken Nuggets Veggie Chicken Nugget(VG) BBQ Sauce (ss) Roasted Sweet Potatoes Bananas Choice of Milk	03/21/2024 Black Beans & Rice WW Burrito w/Cheese (V) Fresh Pears Choice of Milk	03/22/2024 Beef Burger & WG Bun Vegan Burger (V/VG) Green Beans & Corn Medley Ketchup (ss) Fresh Oranges Choice of Milk
03/25/2024 NO SCHOOL TODAY	03/26/2024 NO SCHOOL TODAY	03/27/2024 NO SCHOOL TODAY	03/28/2024 NO SCHOOL TODAY	03/29/2024 NO SCHOOL TODAY