

# HOT BREAKFAST

# MARCH 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Egg & cheese quesadilla (Whole Wheat) with salsa, clementine, 1% milk	2 English Muffin with Diced turkey and Cheese, orange, 1% milk	3 Pancakes with maple syrup, banana, 1% milk
6 Biscuit with turkey sausage, pear, 1% milk	7 Eggs and vegetables burrito (spinach, onions, peppers), apple, 1% milk	8 Hash Brown, Scrambled Eggs with turkey, clementine, 1% milk	9 Breakfast Burrito (Whole Wheat Tortilla) with turkey sausage, orange, 1% milk	10 Egg & cheese croissant sandwich, banana, 1% milk
13 French toast sticks with maple syrup or mini french toast, pear, 1% milk	14 English Muffin with Diced turkey and Cheese, apple, 1% milk	15 Egg & cheese quesadilla (Whole Wheat), with Salsa, clementine, 1% milk	16 Waffles with maple syrup, orange, 1% milk	17 Pancakes with maple syrup, banana, 1% milk
20 Egg & cheese croissant sandwich, pear, 1% milk	21 Breakfast Burrito (Whole Wheat Tortilla) with turkey sausage, apple, 1% milk	22 Hash Brown, Scrambled Eggs with turkey, clementine, 1% milk	23 Eggs and vegetables burrito (spinach, onions, peppers), orange, 1% milk	24 Biscuit with turkey sausage, apple, 1% milk
27 Pancakes with maple syrup, pear, 1% milk	28 English Muffin with Diced turkey and Cheese, apple, 1% milk	Egg & cheese quesadilla (Whole Wheat) with salsa, clementine, 1% milk	Waffles with maple syrup, orange, 1% milk	French toast sticks with maple syrup or mini french toast, apple, 1% milk

# Cold Breakfast

# MARCH 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Granola bar & Yogurt Cup, clementine, and 1% milk	2 Mini bagel with strawberry cream cheese, orange, 1% milk	3 Chocolate Chip, banana, 1% milk
6 Whole-grain cereal, pear, 1% milk	7 Cheerios strawberry breakfast bar, apple, 1% milk	8 Whole-wheat bagel with cream cheese, clementine, 1% milk	9 Chocolate Chip muffin, orange, 1% milk	10 Blueberry muffin, banana, 1% milk
13 Granola bar & Yogurt Cup, pear, and 1% milk	14 Apple cinnamon oatmeal cookie, apple, 1% milk	15 Chocolate Chip muffin, clementine, 1% milk	16 Mini bagel with strawberry cream cheese, orange, 1% milk	17 Cream Cheese Bagel, banana, 1% milk
20 Cheerios strawberry breakfast bar, pear, 1% milk	21 Chocolate Chip muffin, apple, 1% milk	22 Blueberry muffin, clementine, 1% milk	23 Whole-grain cereal, orange, 1% milk	24 Whole-wheat bagel with cream cheese, apple, 1% milk
27 Chocolate Chip muffin, pear, 1% milk	28 Granola bar & Yogurt Cup, apple, and 1% milk	29 Apple cinnamon oatmeal cookie, clementine, 1% milk	30 Mini bagel with strawberry cream cheese, orange, 1% milk	31 Corn muffin, apple, 1% milk

# Hot Lunch Menu

# MARCH 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Hot Dog Day!!!! Beef Sausage, Whole wheat Sub, potato tots, and carrots, Pineapple 1 % milk	2 Chicken Kiev, tater tots, roasted carrots, whole wheat dinner roll, Pear, 1% milk	3 Pizza day, Baby Carrots, Fresh Fruit, 1% milk
6 Turkey meatball, whole wheat spaghetti pasta, green/yellow squash, Peach Cup, 1% milk.	7 Rotisserie roasted chicken, wax beans & green beans, Roasted red potato and Whole wheat dinner roll. mixed veggies, Clementine Cup, 1% milk	8 Burger Day!!! Patty, Cheese , Lettuce, Tomato, Whole Wheat bun, Pineapple 1% milk.	9 Pibil chicken wrap (Whole Wheat tortilla), roasted potato, Beets, Sweet Potato, Pear, 1% milk	10 Pizza day, Baby Carrots, Fresh Fruit, 1% milk
13 Salvadorian ground beef, enriched red rice, corn and Peach Cup, 1% milk	14 Chicken Nuggets w/ Baked veggies Potato, broccoli, carrots, squash, Whole Wheat Dinner Roll, Clementine Cup, 1% milk	15 Aji chicken with yellow enriched rice and zucchini, pineapple, 1% milk	16 Coconut grill chicken, carrots enriched rice, green beans, Pear, 1% milk	17 Pizza day, Baby Carrots, Fresh Fruit, 1% milk
20 Chayote ground beef, enriched red rice, corn and Peach Cup, 1% milk	21 Grill Chicken primavera enriched pasta with tomatoes, zucchini , corn, Clementine Cup, 1% milk	22 BBQ chicken, white cheddar cheese sauce enriched pasta, broccoli and pineapple, 1% milk	23 Mexican chicken, Enriched white rice and baby carrots, Pear, oat milk/lactose free milk	24 Pizza day, Baby Carrots, fruit salad cup, 1% milk
27 Cubano ground beef , enriched white rice, corn and Peach Cup, 1% milk	28 Dominican chicken, Enriched white rice and baby carrots, Clementine Cup, 1% milk	29 Turmeric chicken, Enriched peas, carrots rice, Pineapple, 1% milk	30 Nigerian roasted chicken with enriched Jollof rice, mixed vegetables and Pear, 1% milk	31 Pizza day, Baby Carrots, fruit salad cup, 1% milk

# Cold Lunch

# MARCH 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Jerk chicken salad, lettuce, cabbage, carrots, whole wheat dinner roll, pineapple, and 1% milk	2 Grilled Peruvian Chopped Chicken salad: lettuce, cucumber, corn, cherry, whole-wheat-dinner roll, Italian dressing, Pear, 1% milk	3 Chicken achiote sandwich: Grilled chicken, whole wheat- bread, lettuce, carrots, ranch dressing, Fresh Fruit, 1 % milk
6 Smoke-grilled chicken sandwich: Smoked grilled chicken, lettuce, tomatoes, cheddar cheese, whole-wheat sub, BBQ sauce, peach cup, 1% milk.	7 Chicken Orange Chipotle BBQ wrap: chicken, lettuce, baby carrots, ranch, whole-wheat tortilla, dressing, Clementine Cup, 1% milk.	8 Nigerian chicken wrap: Chicken breast, lettuce, baby carrots, ranch, bell peppers, whole-wheat tortilla, pineapple, 1% milk.	9 Turkey cubes/Diced turkey with garden salad: Lettuce, carrots, cherry tomato, whole wheat dinner roll, Italian dressing, Pear, 1% milk	10 Chicken Caesar salad: Grilled chicken, lettuce, cherry tomatoes, whole – wheat dinner roll, <b>Fresh Fruit</b> , 1% milk.
13 Chipotle Chicken Sandwich: Lettuce, Tomatoes, Cheddar Cheese, Whole Wheat Sub, peach cup, 1% milk.	14 Salvadorian Chicken wrap: Chicken, Cabbage, Carrots, whole wheat tortilla flour, Potato Sticks, Clementine Cup, 1% milk	15 Jerk Chicken salad: chicken, whole-wheat dinner roll, lettuce, cabbage, carrots, pineapple, 1% milk	16 Grilled chicken with quinoa and sweet potato salad: chicken, sweet potatoes, red peppers, Spinach, orange dressing, Pear, 1% milk.	17 West Coast smoked turkey wrap: turkey breast, spinach, arugula, tomatoes, whole wheat-sub, <b>Fresh Fruit</b> , 1% milk
20 Arabi Beef Sfira: Ground beef, whole wheat- flour, onions, cucumber, baby carrots, peach cup, 1% milk.	21 Chicken Wrap: Grilled Chicken, tomatoes, lettuce in a whole wheat tortilla, Clementine Cup, 1% milk	22 Hummus and vegetables dip: Hummus, whole wheat flour tortilla, carrots, lettuce, cherry tomato, pineapple, 1 % milk	23 Turkey apricot wrap: Turkey breast, whole-wheat-flour tortilla, celery, apricot, carrots, Pear, 1% milk.	24 Lunch box salad: Turkey deli, cheddar, grape tomato, cucumber, baby carrots, jicama, celery, Ranch dressing, roll wheat flour tortilla, fruit salad cup, 1% milk
27 Chicken Salad: cabbage and carrots salad, potato sticks, peach cup, 1% milk	28 Farm salad: Boiled eggs, lettuce, tomato, celery, red peppers, carrots, whole- wheat- dinner rolls, Italian dressing, Clementine Cup, 1 % milk.	29 Chicken orange chipotle BBQ wrap: chicken breast, lettuce, baby carrots, ranch, whole-wheat tortilla, dressing, Pineapple, 1% milk.	30 Roasted chicken torta: chicken red salsa, cabbage escabeche, beets, Pear, 1% milk.	31 Mexican Torta with refried beans: Mexican shred chicken, whole wheat- bun, lettuce, onions, tomato, Fruit Salad Cup, 1% milk.

# Dairy Free Menu

# MARCH 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Hot Dog Day!!!! Beef Sausage, whole wheat sub, potato tots, and carrots, Pineapple, oat milk/lactose free milk	2 Chicken Kiev(no butter), enriched White rice, roasted carrots, whole wheat dinner roll, Pear, oat milk/lactose free milk	3 Pizza Day!!! Pita Dough, Vegan Cheese, Baby Carrots, Fresh Fruit, oat milk/lactose free milk
6 Turkey meatball, whole wheat spaghetti pasta, green/yellow squash, dinner roll, Peach Cup, oat milk/lactose free milk.	7 Rotisserie roasted chicken, wax beans & green beans, Roasted red potato and Whole wheat dinner roll. Clementine Cup, oat milk/lactose free milk	8 Burger Day!!! Patty, Cheese , Lettuce, Tomato, Whole Wheat bun, Pineapple, oat milk/lactose free milk.	9 Pibil chicken wrap (whole wheat tortilla), Paprika Roasted Potato, mixed with Sweet Potato, Pear, oat milk/lactose free milk	10 Pizza Day!!! Pita Dough, Vegan Cheese, Baby Carrots, Fresh Fruit, oat milk/lactose free milk
13 Salvadorian ground beef, enriched red rice, corn and Peach Cup, oat milk/lactose free milk	14 Chicken Nuggets w/ Baked veggies Potato, broccoli, carrots, squash, whole wheat dinner roll, Clementine Cup, oat milk/lactose free milk	15 Aji chicken with yellow enriched rice and zucchini, pineapple, oat milk/lactose free milk	16 Coconut grill chicken, carrots enriched rice, green beans, Pear, oat milk/lactose free milk	17 Pizza Day!!! Pita Dough, Vegan Cheese, Baby Carrots, Fresh Fruit, oat milk/lactose free milk
20 Chayote ground beef, enriched red rice, corn and Peach Cup, oat milk/lactose free milk	21 Grill Chicken primavera enriched pasta with tomatoes, zucchini , corn, Clementine Cup, oat milk/lactose free milk	22 BBQ chicken, vegan cheese sauce enriched pasta, broccoli and pineapple, oat milk/lactose free milk	23 Mexican chicken, Enriched white rice and baby carrots, Pear, oat milk/lactose free milk	24 Pizza Day!!! Pita Dough, Vegan Cheese, Baby Carrots, Fruit Salad Cup, oat milk/lactose free milk
27 Cubano ground beef, enriched white rice, corn and Peach Cup, oat milk/lactose free milk	28 Dominican chicken, Enriched white rice and baby carrots, Clementine Cup, oat milk/lactose free milk	29 Turmeric chicken, Enriched peas, carrots rice, Pineapple, oat milk/lactose free milk	30 Nigerian roasted chicken with enriched Jollof rice, mixed vegetables and Pear, oat milk/lactose free milk	31 Pizza Day!!! Pita Dough, Vegan Cheese, Baby Carrots, Fruit Salad Cup, oat milk/lactose free milk

# SPECIAL REQUESTS MENU

# MARCH 2023

Option 1	Option 2	Option 3	Option 4	Option 5
<p>Turkey Meatball Whole Wheat Spaghetti Pasta, Green/Yellow Squash, Fresh Fruit/Fruit Cup 1% Milk</p>	<p>Chicken Nuggets w/ Baked Veggies, Potato, Broccoli, Carrots, Squash, Whole Wheat Dinner Roll Fresh Fruit/Fruit Cup 1% Milk</p>	<p>Grilled Chicken, Mashed Potato, Mixed Veggie, Whole Wheat Dinner Roll Fresh Fruit/Fruit Cup 1% Milk</p>	<p>Pibil Vegetarian base- Non-gmo - Soy Protein, Vegan, Vegetarian, paprika roasted potato, sweet potato, Fresh Fruit/Fruit Cup 1% milk</p>	<p>Burger Day!!! Beef Patty, Cheese, Lettuce, Tomato, Whole Wheat Bun  Fresh Fruit/Fruit Cup 1% Milk</p>

How to implement these options into your menu?

- If there's a meal on a certain day that the kids do not find very appetizing feel free to enter which option meal you'd like to replace it with under the Special Requests Section!
- The fruit sent will be assigned depending on the day you decide when to implement a substitute meal from the options above!
- These meal substitutes can be used to replace meals from the Hot Lunch Menu only and do not apply for meals from the Breakfasts Menus or Cold/Vegetarian/Dairy-Free Menus.
- Meal options cannot be mixed, one meal substitute per day.

Any further questions please feel free to reach out and let me know!