

# HOT BREAKFAST

# MARCH 2023

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|--|--|--|---|
|  |  | 1<br>Egg & cheese quesadilla (Whole Wheat) with salsa, clementine, 1% milk   | 2<br>English Muffin with Diced turkey and Cheese, orange, 1% milk                  | 3<br>Pancakes with maple syrup, banana, 1% milk                           |
| 6<br>Biscuit with turkey sausage, pear, 1% milk                                | 7<br>Eggs and vegetables burrito (spinach, onions, peppers), apple, 1% milk        | 8<br>Hash Brown, Scrambled Eggs with turkey, clementine, 1% milk             | 9<br>Breakfast Burrito (Whole Wheat Tortilla) with turkey sausage, orange, 1% milk | 10<br>Egg & cheese croissant sandwich, banana, 1% milk                    |
| 13<br>French toast sticks with maple syrup or mini french toast, pear, 1% milk | 14<br>English Muffin with Diced turkey and Cheese, apple, 1% milk                  | 15<br>Egg & cheese quesadilla (Whole Wheat), with Salsa, clementine, 1% milk | 16<br>Waffles with maple syrup, orange, 1% milk                                    | 17<br>Pancakes with maple syrup, banana, 1% milk                          |
| 20<br>Egg & cheese croissant sandwich, pear, 1% milk                           | 21<br>Breakfast Burrito (Whole Wheat Tortilla) with turkey sausage, apple, 1% milk | 22<br>Hash Brown, Scrambled Eggs with turkey, clementine, 1% milk            | 23<br>Eggs and vegetables burrito (spinach, onions, peppers), orange, 1% milk      | 24<br>Biscuit with turkey sausage, apple, 1% milk                         |
| 27<br>Pancakes with maple syrup, pear, 1% milk                                 | 28<br>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<br>Granola bar & Yogurt Cup, clementine, and 1% milk        | 2<br>Mini bagel with strawberry cream cheese, orange, 1% milk  | 3<br>Chocolate Chip, banana, 1% milk                      |
| 6<br>Whole-grain cereal, pear, 1% milk                 | 7<br>Cheerios strawberry breakfast bar, apple, 1% milk | 8<br>Whole-wheat bagel with cream cheese, clementine, 1% milk | 9<br>Chocolate Chip muffin, orange, 1% milk                    | 10<br>Blueberry muffin, banana, 1% milk                   |
| 13<br>Granola bar & Yogurt Cup, pear, and 1% milk      | 14<br>Apple cinnamon oatmeal cookie, apple, 1% milk    | 15<br>Chocolate Chip muffin, clementine, 1% milk              | 16<br>Mini bagel with strawberry cream cheese, orange, 1% milk | 17<br>Cream Cheese Bagel, banana, 1% milk                 |
| 20<br>Cheerios strawberry breakfast bar, pear, 1% milk | 21<br>Chocolate Chip muffin, apple, 1% milk            | 22<br>Blueberry muffin, clementine, 1% milk                   | 23<br>Whole-grain cereal, orange, 1% milk                      | 24<br>Whole-wheat bagel with cream cheese, apple, 1% milk |
| 27<br>Chocolate Chip muffin, pear, 1% milk             | 28<br>Granola bar & Yogurt Cup, apple, and 1% milk     | 29<br>Apple cinnamon oatmeal cookie, clementine, 1% milk      | 30<br>Mini bagel with strawberry cream cheese, orange, 1% milk | 31<br>Corn muffin, apple, 1% milk                         |

# Hot Lunch Menu

# MARCH 2023

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

# Cold Lunch

# MARCH 2023

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

# Vegetarian Menu

# MARCH 2023

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|--|---|---|---|---|
|  |   | 1<br>Jerk beyond meat salad, cauliflower, carrots, whole wheat dinner roll, Pineapple, and 1% milk    | 2<br>Vegetarian Sloppy Joe (vegetarian base), whole wheat sub, potato tots, fresh, carrots, Pear, 1 % milk                | 3<br>Pizza day! Pita dough, Vegan cheese, Baby Carrots, Fresh Fruit, 1% milk      |
| 6<br>Beyond Meat balls, whole wheat spaghetti pasta chef tomato sauce. Yellow Squash, Peach Cup, 1% milk | 7<br>Veggie burger Squares, Roasted red potato, mix veggie, Whole wheat dinner roll. Clementine Cup, 1% milk            | 8<br>Burger Day!!! Veggie Burger Patty, Cheese, Lettuce, Tomato, Whole Wheat bun. Pineapple, 1% milk. | 9<br>Pibil Vegetarian base- Non-gmo - Soy Protein, Vegan, Vegetarian, paprika roasted potato, sweet potato, Pear, 1% milk | 10<br>Pizza Day! Pita Dough, Vegan Cheese, Baby Carrots, Fresh Fruit 1% milk.     |
| 13<br>Lentil Stew, enriched red rice, corn Peach Cup, 1% milk  | 14<br>Veggie chicken nuggets w/ Baked veggies, Potato, broccoli, carrots, squash w/ dinner roll Clementine Cup, 1% milk | 15<br>Cheese sticks, yellow enriched rice and Zucchini, fresh pineapple, 1% milk                      | 16<br>Black Beans, Sheared carrots, enriched white rice, green beans Pear, 1% milk  | 17<br>Pizza Day! Pita Dough, Vegan Cheese, Baby Carrots, Fresh Fruit 1% milk.     |
| 20<br>Caribbean Beans enriched red rice, corn Peach Cup, 1% milk   | 21<br>Mozzarella Cheese Sticks, primavera enriched pasta with tomatoes, zucchini , corn, Clementine Cup, 1% milk        | 22<br>White Mac & Cheese, enriched pasta, broccoli. pineapple 1% Milk                                 | 23<br>Mexican Beyond Meat, Enriched white rice, baby carrots, Pear, 1% milk   | 24<br>Pizza Day! Pita Dough, Vegan Cheese, Baby Carrots, Fruit Salad Cup 1% milk. |
| 27<br>Refried beans topped with cheese , enriched white rice, corn, Peach Cup 1% milk                    | 28<br>Black Beans, Mexican Cheese, Sheared carrots enriched rice, mix veggie, Clementine Cup, 1% milk                   | 29<br>Turmeric Plant-Based Chunks, Enriched peas, carrots rice, Pineapple, oat milk/lactose free milk | 30<br>Veggie Burger Wrap: whole-wheat to flour tortilla with mixed Veggies and Pear, 1% milk.                             | 31<br>Pizza day! Pita dough, Vegan cheese, Baby Carrots, Fruit Salad Cup, 1% milk |

# SPECIAL REQUESTS MENU

# MARCH 2023

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

# Dairy Free Menu

# MARCH 2023

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