

# Hot Lunch Menu

# MARCH 2024



Monday	Tuesday	Wednesday	Thursday	Friday
FEB 26	FEB 27	FEB 28	FEB 29	1
Cheesy Ground Beef Tacos, Whole Wheat Tortilla and Carrots, Apple, 1% milk/choc milk***	Chicken Carnitas, Enriched White Rice, and Roasted Carrots, Clementine, 1% milk/choc milk***	Black Beans, Enriched White Rice, Green Beans Orange, 1% milk/choc milk***	Chicken Alfredo Enriched Pasta, Broccoli, Apple, 1% milk/choc milk***	Pizza day!!! Mixed Veggies,  1% milk/choc milk***
4	5	6	7	8
Chicken Nuggets, with Mashed Potatoes, WW Dinner Roll and Carrots. Apple, 1% milk/choc milk***.	Apple Mojo Chicken, Cuban Rice (Enriched White Rice), Carrots, Plantains, Clementine, 1% milk/choc milk***	Penne pasta with beef meatballs, Marinara Sauce, broccoli and whole-wheat dinner roll, Orange 1% milk/choc milk***.	Brazilian Grilled Chicken, Enriched Rice, And Green Beans Apple, 1% milk/choc milk***	Pizza day!!! Mixed Veggies,  1% milk/choc milk***
11	12	13	14	15
Asian Ground Beef, Rice Noodles, and Broccoli, Apple 1% milk/choc milk***	Lemon Roasted Chicken, Enriched Peas & Carrots Rice, And Corn Clementine, 1% milk/choc milk***	Hot Dog Day!!!! Beef Sausage, Whole wheat Sub, potato tots, and Roasted Carrots, Orange, 1% milk/choc milk***	Chicken Parm with Whole Wheat Pasta and Mixed Veggies, Apple, 1% milk/choc milk***	Breakfast For Lunch!!! Pancakes with Sausage and , Carrots,  1% milk/choc milk***
18	19	20	21	22
BBQ Grilled Chicken, baked sweet potato and red potato, lemon broccoli and dinner roll Apple, 1% milk/choc milk***	Beef Goulash, with Enriched Whole Wheat Pasta and Carrots, Clementine, 1% milk/choc milk***	Dominican chicken, Enriched Spanish Rice, Green Beans. Orange, 1% milk/choc milk***	Turkey Fajitas Quesadilla, Whole Wheat Tortilla, Corn. Apple, 1% milk/choc milk***	Pizza day!!! Mixed Veggies,  1% milk/choc milk***
25	26	27	28	29
Cheesy Ground Beef Tacos, Whole Wheat Tortilla and Carrots, Apple, 1% milk/choc milk***	Chicken Carnitas, Enriched White Rice, and Roasted Carrots, Clementine, 1% milk/choc milk***	Black Beans, Enriched White Rice, Green Beans Orange, 1% milk/choc milk***	Chicken Alfredo Enriched Pasta, Broccoli, Apple, 1% milk/choc milk***	Pizza day!!! Baby Carrots,  1% milk/choc milk

\*\*\*Pre-K kids can only have 1% Milk according to DESE regulations.

# Cold Lunch

# MARCH 2024



Monday	Tuesday	Wednesday	Thursday	Friday
FEB 26	FEB 27	FEB 28	FEB 29	1
Spicy Lemon Hummus, WW Pita Bread and Garden Salad, Apple, 1% milk/choc milk***	Salvadorian Chicken wrap: Chicken, Cabbage, Carrots, whole wheat tortilla flour,, Clementine, 1% milk/choc milk***, Contains: Mayo	Egg Salad Sandwich: WW Bread, Lettuce, Baby Carrots, Tomato Orange, 1% milk/choc milk***.	Turkey deli with Cheddar Cheese Sandwich: WW Bread, Cheddar Cheese, Grape Tomato, Cucumber, Baby Carrots, Apple, 1% milk/choc milk***	Lunch Box Salad: Turkey cubes, Cheese cubes, Pretzel bites, Celery, Cherry Tomatoes, Cucumber, Banana, 1 % milk/choc milk
4	5	6	7	8
Farm salad: Boiled eggs, lettuce, tomato, carrots, whole- wheat- dinner rolls, Italian dressing, Apple, 1% milk/choc milk***.	Grilled Peruvian Chopped Chicken salad: lettuce, corn, cherry, black beans, whole wheat tortillaClementine, 1% milk/choc milk***.	Lemon chicken wrap. Whole Wheat Tortilla, Chicken breast, Mixed Veggie potato salad. Orange 1% milk/choc milk***. Contains: Mayo	Cheese Cobb Salad with garden salad: Lettuce, carrots, cherry tomato, Bread Croutons,Ranch Dressing Apple, 1% milk/choc milk***	Smoke-grilled BBQ chicken sandwich: Smoked grilled chicken, lettuce, tomatoes, whole-wheat roll Banana, 1% milk/choc milk***.
11	12	13	14	15
Smoke Grilled Chicken Sandwich, Whole wheat Bun, Coleslaw, Apple, 1% milk/choc milk***. Contains: Mayo	DELI Turkey Wrap Lettuce Carrots, whole wheat tortilla flour, honey mustard Clementine, 1% milk/choc milk***	Chicken Caesar salad: Grilled chicken, lettuce, cherry tomatoes, Caesar Dressing, whole-wheat dinner roll, Orange, 1% milk/choc milk***	Grilled chicken with whole wheat pasta salad , corn Spinach, orange dressing, Apple, 1% milk/choc milk***.	Mediterranean Salad Lettuce,, tomato, chickpea, bell peppers, cucumber,Mini pita breads,Balsamic Vinaigrette, 1% milk/choc milk***
18	19	20	21	22
Farm salad: Boiled eggs, lettuce, tomato, celery, carrots, whole- wheat- dinner rolls, Italian dressing Apple, 1% milk/choc milk***.	Grilled Chicken salad, apple, broccoli slaw, carrots , lettuce,Pupike seed , French Dressing,Clementine, 1% milk/choc milk***	Sunflower Butter and Jelly on a Whole Wheat Bread Sandwich with Baby Carrots, Orange, 1% milk/choc milk***	Chicken Caesar salad: Grilled chicken, lettuce, cherry tomatoes, whole-wheat dinner roll, & Caesar Dressing, Apple, 1% milk/choc milk***.	Taco salad, black beans , chickpea, corn , cherry tomato , lettuce, WW tortilla chip, 100 island dressing. Banana, 1% milk/choc milk***
25	26	27	28	29
Spicy Lemon Hummus, WW Pita Bread and Garden Salad, Apple, 1% milk/choc milk***	Salvadorian Chicken wrap: Chicken, Cabbage, Carrots, whole wheat tortilla flour,, Clementine, 1% milk/choc milk***, Contains: Mayo	Egg Salad Sandwich: WW Bread, Lettuce, Baby Carrots, Tomato Orange, 1% milk/choc milk***.	Turkey deli with Cheddar Cheese Sandwich: WW Bread, Cheddar Cheese, Grape Tomato, Cucumber, Baby Carrots, Apple, 1% milk/choc milk***	Farm salad: Boiled eggs, lettuce, tomato, celery, carrots, whole- wheat- dinner rolls, Italian dressing, Banana, 1% milk/choc milk

\*\*\*Pre-K kids can only have 1% Milk according to DESE regulations.



# HOT BREAKFAST

# MARCH 2024



Monday	Tuesday	Wednesday	Thursday	Friday
FEB 26	FEB 27	FEB 28	FEB 29	1
French Toast Sticks With Maple Syrup Orange, 1% milk/choc milk***	Fan Burrito, Eggs , mozzarella cheese, (Whole Wheat Tortilla) (DF) Apple, 1% milk/choc milk***	Scrambled Eggs, Turkey links, (DF) Orange, 1% milk/choc milk***	Bagel with Cream Cheese Apple, 1% milk/choc milk***	Fourtalia Omelet, Apple, 1% milk/choc milk***
4	5	6	7	8
Biscuit, Turkey Sausage, American Cheese, Orange, 1% milk/choc milk***	French Toast Sticks With Maple Syrup Apple, 1% milk/choc milk***	Frittata with Hash Brown, and Turkey, (DF) Apple, 1% milk/choc milk***	Bagel with Cream Cheese Apple, 1% milk/choc milk***	Pancakes with Maple Syrup Apple, 1% milk/choc milk***
11	12	13	14	15
Pancakes with Maple Syrup Orange, 1% milk/choc milk***	Fan Burrito, Eggs , mozzarella cheese, (Whole Wheat Tortilla) (DF) Apple, 1% milk/choc milk***	Egg & Cheese Croissant Sandwich, Apple, 1% milk/choc milk***	Fried egg topping w/ranchera sauce, whole wheat toast, Apple, 1% milk/choc milk***	Turkey Sausage, Cheddar cheese quesadilla (Whole Wheat) Apple, 1% milk/choc milk***
18	19	20	21	22
French Toast Sticks With Maple Syrup Orange, 1% milk/choc milk***	Egg & Cheese Croissant Sandwich, Apple, 1% milk/choc milk***	Pancakes with Maple Syrup Apple, 1% milk/choc milk***	English Muffin with Turkey Sausage Apple, 1% milk/choc milk***	Bagel with Cream Cheese Apple, 1% milk/choc milk***
25	26	27	28	29
French Toast Sticks With Maple Syrup Orange, 1% milk/choc milk***	Fan Burrito, Eggs , mozzarella cheese, (Whole Wheat Tortilla) (DF) Apple, 1% milk/choc milk***	Scrambled Eggs, Turkey links, (DF) Orange, 1% milk/choc milk***	Bagel with Cream Cheese Apple, 1% milk/choc milk***	Pancakes with maple syrup, Apple, 1% milk/choc milk

\*\*\*Pre-K kids can only have 1% Milk according to DESE regulations.

# Cold Breakfast

# MARCH 2024



Monday	Tuesday	Wednesday	Thursday	Friday
FEB 26	FEB 27	FEB 28	FEB 29	1
Apple Cinnamon Muffin, Orange, 1% milk/choc milk***	Cheerios Cereal, Apple, and 1% milk/choc milk***	Cocoa Puffs Cereal, Clementine, 1% milk/choc milk***	Blueberry Chex Cereal 1% milk/choc milk***	Graham Honey Cracker & 1 mozzarella stick (Pre-K No Cracker) Apple, 1% milk/choc milk***
4	5	6	7	8
Blueberry Chex Cereal, Orange, 1% milk/choc milk***	Apple Cinnamon Cheerios Cereal Apple, 1% milk/choc milk***	Cinnamon Toast Cereal, Clementine, 1% milk/choc milk***	Blueberry muffin, 1% milk/choc milk***	Cheerios Whole-Grain Cereal, Apple, 1% milk/choc milk***
11	12	13	14	15
Apple Cinnamon Cheerios Cereal) Orange, and 1% milk/choc milk***	Blueberry Chex Cereal, Apple, 1% milk/choc milk***	Chocolate Chip muffin, Clementine, 1% milk/choc milk***	Cheerios Cereal, 1% milk/choc milk***	Cocoa Puffs Cereal, Apple, 1% milk/choc milk***
18	19	20	21	22
Cinnamon Toast Cereal, Orange, 1% milk/choc milk***	Apple Cinnamon muffin, Apple, 1% milk/choc milk***	Graham Honey Cracker & 1 mozzarella stick (Pre-K No Cracker) Clementine, 1% milk/choc milk***	Apple Cinnamon Cheerios Cereal, 1% milk/choc milk***	Cocoa Puffs Cereal Apple, 1% milk/choc milk***
25	26	27	28	29
Apple Cinnamon Muffin, Orange, 1% milk/choc milk***	Cheerios Cereal, Apple, and 1% milk/choc milk***	Cocoa Puffs Cereal, Clementine, 1% milk/choc milk***	Blueberry Chex Cereal 1% milk/choc milk***	Blueberry muffin, Apple, 1% milk/choc milk

\*\*\*Pre-K kids can only have 1% Milk according to DESE regulations.



# DAIRY-FREE EGG-FREE BREAKFAST MARCH 2024

Monday	Tuesday	Wednesday	Thursday	Friday
FEB 26 & MARCH 11 & 25	FEB 27 & MARCH 12 & 26	FEB 28 & MARCH 13 & 27	FEB 29 & MARCH 14 & 28	MARCH 1 & 15 & 29
Whole Wheat Bagel with Jelly (assorted flavors!), Orange, Dairy/Lactose-Free Milk	Egg** Burrito with Salsa (Whole Wheat), Apple, Dairy/Lactose-Free Milk	Dairy-Free Cereal, Clementine, Dairy/Lactose-Free Milk	Turkey Sausage in a Whole Wheat Bagel Sandwich, Dairy/Lactose-Free Milk	Dairy-Free Cereal, Apple, Dairy/Lactose-Free Milk
4 & 18	5 & 19	6 & 20	7 & 21	8 & 22
Breakfast Burrito (Whole Wheat Tortilla) with turkey sausage, (DF), Orange, Dairy/Lactose-Free Milk	Dairy-Free Cereal, Apple, Dairy/Lactose-Free Milk	Hash Brown, Scrambled Eggs** with turkey. (DF) Clementine, Dairy/Lactose-Free Milk	Dairy-Free Cereal Dairy/Lactose-Free Milk	Egg** in a Whole Wheat Bagel Sandwich, Apple, Dairy/Lactose-Free Milk

Dairy-Free Cereal Options to be sent are:

- Cinnamon Toast
- Trix
- Cheerios

\*\*Plant Based Egg Substitute, Ingredients will be listed on the daily menus.



# Vegetarian Menu

# MARCH 2024



Monday	Tuesday	Wednesday	Thursday	Friday
FEB 26	FEB 27	FEB 28	FEB 29	1
Black Beans and Cheese Tacos, Mixed Veggies. Apple 1% milk/choc milk***	Plant-Based Beef Goulash, Enriched White Rice, And Roasted Carrots, Clementine 1% milk/choc milk***	Black Beans, Enriched White Rice, and Green Beans, Orange, 1% milk/choc milk***	Alfredo Enriched pasta, Broccoli, Apple, 1% milk/choc milk***.	Pizza day! Pita dough, Vegan cheese, Mixed Veggies, Banana, 1% milk/choc milk***
4	5	6	7	8
Veggie Chicken Nuggets, Mashed Potatoes, WW Dinner Roll and Carrots, Apple, 1% milk/choc milk***	ChickPeas, Enriched Cuban Rice, Carrots, Plantains, Clementine, 1% milk/choc milk***	Penne Pasta in Marinara Sauce, WW Dinner Roll & Broccoli Orange, 1% milk/choc milk***	Alfredo Enriched pasta, Broccoli, Apple, 1% milk/choc milk***.	Pizza Day! Pita Dough, Vegan Cheese, Mixed Veggies, Banana 1% milk/choc milk***.
11	12	13	14	15
Asian Plant-Based Beef, Rice Noodles, and Broccoli, Apple, 1% milk/choc milk***	Refried Beans, Enriched Peas and Carrots Rice, and Corn. Clementine, 1% milk/choc milk***.	Vegan Sausage on a Whole Wheat Sub, potato tots, and Roasted Carrots, Orange 1% milk/choc milk***	WW Pasta in Marinara Sauce & Cheese, Mixed Veggies Apple, 1% milk/choc milk***	Pizza Day! Pita Dough, Vegan Cheese, Mixed Veggies, Banana 1% milk/choc milk***.
18	19	20	21	22
Plant-Based Beef Goulash, Enriched Whole Wheat Pasta, And Carrots, Clementine, 1% milk/choc milk***	Black Beans, Spanish Enriched Rice, Mixed Veggies, Orange, 1% milk/choc milk***	Cheese Quesadilla Fajitas, Whole Wheat Tortilla and Corn, Apple, 1% milk/choc milk***	Pizza Day! Pita Dough, Vegan Cheese, Mixed Veggies, Banana 1% milk/choc milk***.	
25	26	27	28	29
Black Beans and Cheese Tacos, Mixed Veggies. Apple 1% milk/choc milk***	Plant-Based Beef Goulash, Enriched Whole Wheat Pasta, And Roasted Carrots, Clementine, 1% milk/choc milk***	Black Beans, Enriched White Rice, and Green Beans, Orange, 1% milk/choc milk***	Alfredo Enriched pasta, Broccoli, Apple, 1% milk/choc milk***.	Pizza day! Pita dough, Vegan cheese, Baby Carrots, Fruit Banana, 1% milk/choc milk

\*\*\*Pre-K kids can only have 1% Milk according to DESE regulations.



# Dairy Free Menu

# MARCH 2024



Monday	Tuesday	Wednesday	Thursday	Friday
FEB 26	FEB 27	FEB 28	FEB 29	1
Cheesy Ground Beef Tacos, Whole Wheat Tortilla and Carrots, Apple, Dairy/Lactose Free Milk	Chicken Carnitas, Enriched White Rice, and Roasted Carrots, Clementine, Dairy/Lactose Free Milk	Black Beans, Enriched White Rice, Green Beans Orange, Dairy/Lactose Free Milk	Chicken Alfredo Enriched Pasta, Broccoli, Apple, Dairy/Lactose Free Milk	Pizza day!!! Mixed Veggies. Dairy/Lactose Free Milk
4	5	6	7	8
Chicken Nuggets, with Mashed Potatoes, WW Dinner Roll and Carrots. Apple, Dairy/Lactose Free Milk.	Apple Mojo Chicken, Cuban Rice (Enriched White Rice), Carrots, Plantains, Clementine, Dairy/Lactose Free Milk	Penne pasta with beef meatballs, Marinara Sauce, broccoli and whole-wheat dinner roll, Orange Dairy/Lactose Free Milk.	Brazilian Grilled Chicken, Enriched Rice, And Green Beans Apple, Dairy/Lactose Free Milk	Pizza day!!! Mixed Veggies, Dairy/Lactose Free Milk
11	12	13	14	15
Asian Ground Beef, Rice Noodles, and Broccoli, Apple Dairy/Lactose Free Milk	Lemon Roasted Chicken, Enriched Peas & Carrots Rice, And Corn Clementine, Dairy/Lactose Free Milk	Hot Dog Day!!!! Beef Sausage, Whole wheat Sub, potato tots, and Roasted Carrots, Orange, Dairy/Lactose Free Milk	Chicken Parm with Whole Wheat Pasta and Mixed Veggies, Apple, Dairy/Lactose Free Milk	Breakfast For Lunch!!! WW Bagel with Sausage and Jelly with Carrots Dairy/Lactose Free Milk
18	19	20	21	22
BBQ Grilled Chicken, baked sweet potato and red potato, lemon broccoli and dinner roll Apple, Dairy/Lactose Free Milk	Beef Goulash, with Enriched Whole Wheat Pasta and Carrots, Clementine, Dairy/Lactose Free Milk	Dominican chicken, Enriched Spanish Rice, Green Beans. Orange, Dairy/Lactose Free Milk	Black Beans, Enriched White Rice, Green Beans Apple, Dairy/Lactose Free Milk	Pizza day!!! Mixed Veggies, Dairy/Lactose Free Milk
25	26	27	28	29
Cheesy Ground Beef Tacos, Whole Wheat Tortilla and Carrots, Apple, Dairy/Lactose Free Milk	Chicken Carnitas, Enriched White Rice, and Roasted Carrots, Clementine, Dairy/Lactose Free Milk	Black Beans, Enriched White Rice, Green Beans Orange, Dairy/Lactose Free Milk	Chicken Alfredo Enriched Pasta, Broccoli, Apple, Dairy/Lactose Free Milk	Pizza day!!! Baby Carrots, Dairy/Lactose Free Milk

# SPECIAL REQUESTS MENU

# MARCH 2024



Please Make Sure that the Replacement is the Same Lunch Type

Hot Lunch Option 1	Hot Lunch Option 2	Hot Lunch Option 3
Beef Meatball sub Whole Wheat sub. Corn/Broccoli. Fresh Fruit 1% Milk/Choc Milk***	Chicken quesadilla whole wheat tortilla Corn Fresh Fruit 1% Milk/Choc Milk***	Chicken Nuggets, Roasted Carrots, Enriched White Rice Fresh Fruit 1% Milk/Choc Milk***

Cold Lunch Option 1	Cold Lunch Option 2
Cold Lunch: Turkey Sandwich, Cheddar Cheese, WW Bread & Garden Salad. Fresh Fruit 1% Milk/Choc Milk***	Vegetarian Option: Sunflower Butter and Jelly Sandwich, Chickpeas, and Salad Fresh Fruit 1% Milk/Choc Milk***

\*\*\*Pre-K kids can only have 1% Milk according to DESE regulations.

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.
- Fresh Fruit = FRUIT OF THE DAY

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



## NUTRITION INFORMATION

All our breakfasts meet the following requirements:

- Milk: 8 oz.
- Fruit or Vegetable: 1 cup/8 oz.
- Grain: 2 oz.

All our lunches meet the following requirements:

- Milk: 8 oz.
- Fruit: 1 cup/8 oz.
- Vegetables: 1 cup/8 oz.
- Grain: 2 oz.
- Protein: 2 oz.

None of our food products contain Peanuts, Tree Nuts, Fish, Shellfish, or Pork.

We provide a choice of 4 "standard" meals

- Hot breakfasts
- Cold breakfasts
- Hot lunches
- Cold lunches

We supply the following 4 Allergy Meals:

- Dairy-Free, Egg-Free breakfasts
- Vegetarian Lunches
- Dairy-Free Lunches
- Dairy-Free, Egg-Free Lunches

