



Menu ingredients subject to change based on availability and/or \*holiday.

# MARCH 2023

## DAIRY FREE DIET



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**B:** Breakfast Menu  
**L:** Lunch Menu  
**S:** Snack Menu  
**EDS:** Extended Day Snack Menu

**6**  
**B:** DF Blueberry Muffin, Fresh Apple, Milk\*\*  
**L:** Breaded Chicken Sandwich, Potato Tots, Peaches, Milk\*\*, Ketchup  
**S \ EDS:** DF Crackers, Applesauce Cup \ DF Ginger Bread Cookie, 100% Grape Juice



**20**  
**B:** DF Banana Bread, Fresh Apple, Milk\*\*  
**L:** DF Turkey Pizza, Glazed Carrots, Pineapple, Milk\*\*  
**S \ EDS:** 100% Grape Juice, DF Crackers \ DF Crackers, DF Cheese & Turkey

**27**  
**B:** DF French Toast Sticks, Apple Slices w/ cinnamon, Milk\*\*, Syrup  
**L:** Chicken Flauta, Pinto Beans, Mexicali Corn, Tropical Fruit Cup, Milk\*\*  
**S \ EDS:** DF Crackers, Applesauce Cup \ DF Ginger Bread Cookie, 100% Grape Juice

**7**  
**B:** DF Pancake, Turkey Sausage Link, Apple Slices w/cinnamon, Milk\*\*, Syrup  
**L:** Curry Chicken, Brown Rice, Peas, Pineapple, Milk\*\*  
**S \ EDS:** DF Cheese & Turkey, Fresh Pear \ DF Crackers, Strawberry Applesauce Cup



**21**  
**B:** Cereal Bowl, Pears, Milk\*\*  
**L:** Chicken Penne w/Marinara, Broccoli, Peaches, Milk\*\*  
**S \ EDS:** Fresh Golden Apple, Dairy Free Yogurt \ Dairy Free Yogurt, DF Applesauce Muffin

**28**  
**B:** DF Breakfast Pizza, Spiced Pears, Milk\*\*  
**L:** Teriyaki Chicken, Cilantro Rice, Steamed Broccoli, Mandarin Oranges, Milk\*\*  
**S \ EDS:** DF Cheese & Turkey, Fresh Pear \ DF Crackers, Strawberry Applesauce Cup

**1**  
**B:** DF Applesauce Muffin, Orange Wedges, Milk\*\*  
**L:** DF Cheese Enchiladas, Spanish Rice, Pinto Beans, Fresh Pear, Milk\*\*  
**S \ EDS:** DF Cheese & Turkey, DF Crackers \ DF Graham Crackers, 100% Fruit Punch Juice

**8**  
**B:** Cereal Bowl, Mixed Fruit, Milk\*\*  
**L:** Spaghetti w/meat sauce, WG Spagetti Pasta Zucchini, Applesauce, Milk\*\*  
**S \ EDS:** Dairy Free Yogurt Cup, DF Granola \ 100% Apple Juice, DF Graham Crackers



**22**  
**B:** Breakfast Sandwich, Egg & DF Cheese, Apple Slices w/ cinnamon, Milk\*\*  
**L:** Turkey Meatloaf, Whole Grain Roll, DF Mash Potatoes, Fresh Pear, Milk\*\*  
**S \ EDS:** DF Cheese & Turkey, DF Crackers \ DF Graham Crackers, 100% Fruit Punch Juice

**29**  
**B:** DF Applesauce Muffin, Orange Wedges, Milk\*\*  
**L:** DF Italian Lasagna, Garlic Bread Stick, Normandy Blend Vegetables, Fresh Pear, Milk\*\*  
**S \ EDS:** Dairy Free Yogurt Cup, DF Granola \ 100% Apple Juice, DF Graham Crackers

**2**  
**B:** DF Pancake, Turkey Sausage Link, Apple Slices w/cinnamon, Milk\*\*, Syrup  
**L:** Chicken Pot Pie, Whole Grain DF Biscuit, Peas & Carrots, Fresh Apple, Milk\*\*  
**S \ EDS:** Sun Butter, Fresh Banana \ DF Graham Crackers, Amazing Chick Pea

**9**  
**B:** DF Breakfast Pizza, Peaches, Milk\*\*  
**L:** Spaghetti w/meat sauce, WG Spagetti Pasta, Zucchini, Applesauce, Milk\*\*  
**S \ EDS:** Multigrain Cheerios, 100% Orange Juice \ Fresh Banana, Jello Cup



**23**  
**B:** DF Pancakes, Turkey Sausage Link, Cinnamon Applesauce, Milk\*\*, Syrup  
**L:** DF Macaroni & Cheese, Popcorn Chicken, Green Beans, Fresh Apple, Milk\*\*, Ketchup  
**S \ EDS:** Sun Butter, Fresh Banana \ DF Graham Crackers, Amazing Chick Pea

**30**  
**B:** Bagel Sandwich, Turkey & DF Cheese, Fresh Apple, Milk\*\*  
**L:** DF Meatball Sub, Potato Tots, Peach Cup Milk\*\*, Ketchup  
**S \ EDS:** Multigrain Cheerios, 100% Orange Juice \ Fresh Banana, Jello Cup

**3**  
**B:** DF Biscuit, Fresh Banana, Milk\*\*, Jelly  
**L:** DF Deli Wrap, 6" WG Tortilla, Lettuce, Carrots, Red Pepper, Fresh Pear, Milk\*\*, DF Ranch Dressing  
**S \ EDS:** DF Popcorn, 100% Apple Juice \ DF Granola Bar, Orange Wedges

**10**  
**B:** Biscuit Sandwich, Egg & DF Cheese, Orange Wedges, Milk\*\*  
**L:** Garden Salad w/Chicken, Baby Spinach Salad, Shredded Carrots, Tropical Fruit Cup, Milk\*\*, DF Ranch Dressing  
**S \ EDS:** Black Bean Dip, Whole Grain Tortilla Chips \ Fresh Apple, DF Sun Butter Bar



**24**  
**B:** DF Bagel, Jelly, Fresh Banana, Milk\*\*  
**L:** DF Fiesta Corn Salad Bowl, Brown Rice Romaine Lettuce, Orange Wedges, Milk\*\*, Fiesta Dressing  
**S \ EDS:** DF Popcorn, 100% Apple Juice \ DF Granola Bar, Orange Wedges

**31**  
**NO SCHOOL**  
**Día de Cesar Chavez**

