



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

MARCH 2023

VEGETARIAN DIET



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

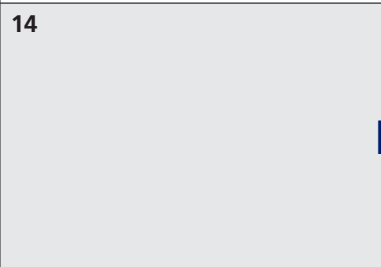
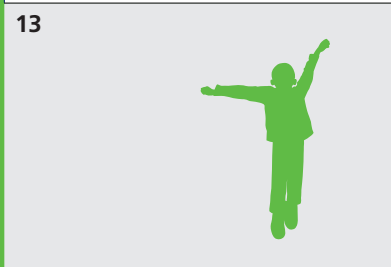
6
B: Bluberry Muffin, Fresh Apple, Milk
L: Vegetarian Burger, Potato Tots, Peaches, Milk, Ketchup
S \ EDS: Cheddar Goldfish Crackers*, Applesauce Cup \ Ginger Bread Cookie, 100% Grape Juice

7
B: Mini Waffles, Vegetarian Sausage Pattie, Apple Slices w/cinnamon, Milk, Syrup
L: Vegetarian Stroganoff w/Tofu, Brown Rice, Peas, Pineapple, Milk
S \ EDS: WG Graham Crackers, Fresh Pear \ Whole Grain Cheez-its, Strawberry Applesauce Cup

8
B: Cereal Bowl, Mixed Fruit, Milk
L: Vegetarian Nuggets, Macaroni & Cheese, Roasted Broccoli, Fresh Apple, Milk, Ketchup
S \ EDS: Strawberry Banana Yogurt Cup, Granola \ 100% Apple Juice, Apple Cinnamon Bear Grahams

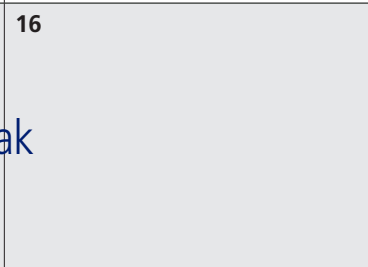
9
B: Breakfast Pizza, Peaches, Milk
L: Cheese Ravioli, Zucchini, Apple Slices w/ cinnamon, Milk
S \ EDS: Multigrain Cheerios, 100% Orange Juice \ Fresh Banana, Jello Cup

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



15

NO SCHOOL Spring Break



13
B: Banana Bread, Fresh Apple, Milk
L: Cheese Pizza, Glazed Carrots, Pineapple, Milk
S \ EDS: 100% Grape Juice, Apple Cinnamon Bear Cracker \ Whole Grain Crackers, Hummus

14
B: Cereal Bowl, Pears, Milk
L: Penne Alfredo, Broccoli, Peaches, Milk
S \ EDS: Sun Butter Sandwich \ Amazing Chick Pea, WG Graham Crackers

22
B: Croissant Sandwich, Egg & Cheese, Apple Slices w/ cinnamon, Milk
L: Tofu Loaf, Whole Grain Roll, Cauliflower, Mash Potatoes, Fresh Banana, Milk
S \ EDS: Colby Cheese Stick, Whole Grain Crackers \ WG Apple Cinnamon Muffin, Vanilla Yogurt Cup

16
B: Mini Pancakes, Vegetarian Sausage Pattie, Cinnamon Applesauce, Milk, Syrup
L: Macaroni & Cheese, Vegetarian Nuggets, Green Beans, Fresh Apple, Milk, Ketchup
S \ EDS: Vegetarian Wrap \ WG Cheddar Goldfish, 100% Fruit Punch Juice

23
B: Bagel, Cream Cheese, Fresh Banana, Milk
L: Fiesta Corn Salad Bowl, Brown Rice, Romaine Lettuce, Orange Wedges, Milk, Fiesta Dressing
S \ EDS: WG Dino Bites, 100% Apple Juice \ Granola Bar, Orange Wedges

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

28
B: Vegetarian Breakfast Pizza, Spiced Pears, Milk
L: Teriyaki Tofu, Cilantro Rice, Steamed Broccoli, Mandarin Oranges, Milk
S \ EDS: WG Graham Crackers, Fresh Pear \ Whole Grain Cheez-its, Strawberry Applesauce Cup

29
B: Apple Cinnamon Muffin, Orange Wedges, Milk
L: Vegetarian Italian Lasagna, Garlic Bread Stick, Normandy Blend Vegetables, Fresh Pear, Milk
S \ EDS: Strawberry Banana Yogurt, Cup Granola \ 100% Apple Juice, Apple Cinnamon Bear Grahams

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

31

NO SCHOOL
Día de Cesar Chavez

