

March 2024





GENERAL DIET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 B: Biscuit, Fresh Banana, Milk, Jelly L: Deli Wrap, 8" WG Tortilla, Spinach, Baby Carrots, Fresh Pear, Milk, Ranch Dressing S: WG Dino Bite Crackers, 100% Apple Juice EDS: Granola Bar, Orange Wedges
4 B: Blueberry Muffin, Fresh Apple, Milk L: Grilled Chicken Sandwich, Potato Tots, Peaches, Milk, Ketchup S: Cheddar Goldfish Crackers, Applesauce Cup EDS: Ginger Bread Cookie, 100% Grape Juice	B: Waffles, Turkey Sausage Link, Diced Peach Cup, Milk, Syrup L: Turkey Stroganoff, Pasta, Peas & Carrots, Pineapple, Milk S: Fresh Pear, WG Graham Crackers EDS: Strawberry Applesauce Cup, WG Cheez-its Crackers	B: Biscuit Sandwich, Egg & Cheese, Fresh Banana, Milk L: Fish Nuggets, Macaroni & Cheese, Roasted Broccoli, Fresh Apple, Milk, Ketchup S: Strawberry Banana Yogurt Cup, Granola EDS: 100% Apple Juice, Apple Cinnamon Bear Grahams	B: Breakfast Pizza, Mixed Fruit Cup, Milk Cheese Ravioli, Pasta Sauce, Zucchini, Applesauce, Milk Multigrain Cheerios, 100% Orange Tangerine Juice EDS: Fresh Banana, Jello Cup	B: Cereal Corn Chex, Orange Wedges, Milk L: Garden Salad w/ Chicken Tenders, Spring Mix, Shredded Carrots, Tropical Fruit Cup, Milk, Honey Mustard S: Black Bean Dip, WG Baked Tortilla Chips EDS: Fresh Apple, Nutri Grain Bar
11	12	13	14	15
18 B: Banana Bread, Fresh Apple, Milk L: Cheese Pizza, Glazed Carrots, Pineapple, Milk S: 100% Grape Juice, Apple Cinnamon Bear Cracker EDS: Baby Carrots, Hummus	B: Cereal Bowl Corn Chex, Orange Wedges, Milk L: Chicken Penne Alfredo, Broccoli, Peaches, Milk S: Sun Butter Sandwich EDS: Chocolate Hummus, WG Graham Crackers	B: Croissant Sandwich, Egg & Cheese, Diced Peach Cup, Milk L: Turkey Meatloaf, Whole Grain Roll, Cauliflower Mash Potatoes, Fresh Pear, Milk, Ketchup S: 100% Fruit Punch Juice, WG Crackers EDS: Vanilla Yogurt Cup, Banana	21 B: Pancakes, Turkey Sausage Link, Fresh Pear, Milk, Syrup L: Macaroni & Cheese, Popcorn Chicken, Green Beans, Fresh Apple, Milk, Ketchup S: Turkey & Cheese Wrap EDS: WG Cheddar Goldfish, 100% Fruit Punch Juice	B: Bagel, Cream Cheese, Fresh Banana, Milk, Jelly L: Fiesta Corn Salad, Brown Rice, Spinach, Orange Wedges, Milk, Fiesta Dressing S: WG Dino Bite Crackers, 100% Apple Juice EDS: Granola Bar, Orange Wedges
25 B: French Toast Sticks, Apple Slices w/cinnamon, Milk, Syrup L: Chicken & Cheese Flautas, Pinto Beans, Mexicali Corn, Mixed Berries, Milk S: Cheddar Goldfish Crackers, Applesauce Cup EDS: Ginger Bread Cookies, 100% Grape Juice	B: Breakfast Pizza, Diced Pear Cup, Milk L: Teriyaki Chicken, Brown Rice, Steamed Broccoli, Orange Wedges, Milk S: Fresh Pear, WG Graham Crackers EDS: Whole Grain Cheez-its, Strawberry Applesauce Cup	B: Apple Cinnamon Muffin, Orange Wedges, Milk L: Italian Lasagna, Normandy Blend Vegetables, Fresh Pear, Milk S: Strawberry Banana Yogurt Cup, Granola EDS: 100% Apple Juice, Apple Cinnamon Bear Grahams	B: Bagel Sandwich, Turkey & Cheese, Fresh Apple, Milk L: Meatball Sub, Green Beans, Peach Cup, Milk S: Multigrain Cheerios, 100% Orange Tangerine Juice EDS: Fresh Banana, Jello Cup	29





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DAIRY FREE DIET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				B: DF Biscuit, Fresh Banana, Milk**, Jelly L: DF Deli Wrap, 8" Whole Grain Tortilla, Spinach, Baby Carrots, Fresh Pear, Milk**, DF Ranch Dressing S: DF Crackers, 100% Apple Juice EDS: DF Granola Bar, Orange Wedges
4 B: DF Blueberry Muffin, Fresh Apple, Milk** L: Grilled Chicken Sandwich, Potato Tots, Peaches, Milk**, Ketchup S: DF Crackers, Applesauce Cup EDS: DF Ginger Bread Cookie, 100% Grape Juice	B: DF Pancake, Turkey Sausage Link, Diced Peach Cup, Milk**, Syrup L: Turkey Stroganoff, Pasta, Peas & Carrots, Pineapple, Milk** S: DF Graham Crackers, Fresh Pear EDS: DF Crackers, Strawberry Applesauce Cup	B: Biscuit Sandwich, Egg & DF Cheese, Fresh Banana, Milk** L: Fish Nuggets, DF Macaroni & Cheese, Roasted Broccoli, Sliced Apple, Milk**, Ketchup S: DF Yogurt, DF Granola EDS: DF Graham Crackers, 100% Apple Juice	7 B: DF Breakfast Pizza, Mixed Fruit Cup, Milk** L: Spaghetti w/ Pasta Sauce, WG Spaghetti Pasta, Zucchini, Applesauce, Milk** S Multigrain Cheerios, 100% Orange Tangerine Juice EDS: Fresh Banana, Jello Cup	B: Cereal Bowl, Orange Wedges, Milk** L: Garden Salad w/Grilled Chicken, Spring Mix, Shredded Carrots, Tropical Fruit Cup, Milk**, Honey Mustard S: Black Bean Dip, DF WG Baked Tortilla Chips EDS: Fresh Apple, DF Sun Butter Bar
11	12	13	14	15
B: DF Banana Bread, Fresh Apple, Milk** L: DF Turkey Pizza, Glazed Carrots, Pineapple, Milk** S: 100% Grape Juice, DF Graham Crackers EDS: Hummus, Baby Carrots	B: Cereal Bowl corn chex, Orange Wedges, Milk** L: Chicken Penne w/ Marinara, Broccoli, Peaches, Milk** S: Sun Butter Sandwich EDS: Chocolate Hummus, DF Graham Crackers	B: Breakfast Sandwich, Egg & Dairy Free Cheese, Diced Peach Cup, Milk** L: Turkey Meatloaf, Whole Grain Roll, DF Mash Potatoes, Fresh Pear, Ketchup, Milk** S: 100% Fruit Punch Juice, DF Crackers EDS: DF Yogurt Cup, Banana	21 B: DF Pancakes, Turkey Sausage Link, Fresh Pear, Milk**, Syrup L: Dairy Free Mac & Cheese, Grilled Nuggets, Green Beans, Fresh Apple, Milk**, Ketchup S: Turkey Wrap EDS: DF Crackers, 100% Fruit Punch Juice	B: DF Bagel, Jelly, Fresh Banana, Milk** L: DF Fiesta Corn Salad bowl, Brown Rice, Spinach, Orange Wedges, Milk**, DF Ranch Dressing S: DF Crackers, 100% Apple Juice EDS: DF Granola Bar, Orange Wedges
B: DF French Toast Sticks, Apple Slices w/cinnamon, Syrup, Milk** L: Chicken Flauta, Pinto Beans, Mexicali Corn, Mixed Berries, Milk** S: DF Crackers, Applesauce Cup EDS: DF Ginger Bread Cookie, 100% Grape Juice	B: DF Breakfast Pizza, Diced Pear Cup, Milk** L: Teriyaki Chicken, Brown Rice, Steamed Broccoli, Orange wedges, Milk** S: DF Graham Crackers, Fresh Pear EDS: DF Crackers, Strawberry Applesauce Cup	B: DF Applesauce Muffin, Orange Wedges, Milk** L: DF Italian Lasagna, Normandy Blend Vegetables, Fresh Pear, Milk** S: DF Yogurt, DF Granola EDS: DF Graham Crackers, 100% Apple Juice	B: Bagel Sandwich, Turkey & DF Cheese, Fresh Apple, Milk** L: DF Meatball Sub, Green Beans, Peach Cup, Milk** S: Multigrain Cheerios, 100% Orange Tangerine Juice EDS: Fresh Banana, Jello Cup	29



March 2024





GLUTEN FREE DIET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				B: GF Biscuit, Fresh Banana, Milk, Jelly L: GF Deli Wrap, GF Tortilla, Spinach, Baby Carrots, Fresh Pear, Milk, Ranch Dressing S: GF Crackers, 100% Apple Juice EDS: GF Sun Butter Bar, Orange Wedges
B: GF Blueberry Muffin, Fresh Apple, Mi L: Grilled Chicken GF Sandwich, Potato Peaches, Milk, Ketchup S: GF Crackers, Applesauce Cup EDS: GF Gingerbread, 100% Grape Juice		B: GF Biscuit Sandwich, Egg & Cheese, Fresh Banana, Milk L: GF Fish Nuggets, GF Macaroni & Cheese, Roasted Broccoli, Fresh Apple, Milk, Ketchup S: Strawberry Banana Yogurt Cup, GF Cereal EDS: 100% Apple Juice, GF Graham Crackers	B: GF Breakfast Pizza, Mixed Fruit Cup, Milk L: GF Spaghetti w/meat sauce, Ground Turkey w/ sauce, GF Pasta, Zucchini, Applesauce, Milk S: GF Multigrain Cheerios, 100% Orange Tangerine Juice EDS: Fresh Banana, Jello Cup	B: GF Cereal Bowl, Orange Wedges, Milk L: Garden Salad w/Grill Chicken, Spring Mix, Shredded Carrots, Tropical Fruit Cup, Milk, Honey Mustard S: Black Bean Dip, GF WG Baked Tortilla Chips EDS: Fresh Apple, GF Sun Butter Bar
11	12	13	14	15
B: GF Banana Bread, Fresh Apple, Mi L: GF Pizza, Glazed Carrots, Pineapp S: 100% Grape Juice, GF Crackers EDS: Hummus, Baby Carrots		B: GF Breakfast Sandwich, Egg & Cheese, Diced Peach Cup, Milk L: Turkey Meatloaf, GF Roll, Cauliflower Mash Potatoes, Fresh Pear, Milk, Ketchup S: 100% Fruit Punch Juice, GF Crackers EDS: Fresh Banana, Vanilla Yogurt Cup	B: GF Pancake, Turkey Sausage Link, Fresh Pear, Milk, Syrup L: GF Macaroni & Cheese, Grilled Chicken Nuggets, Green Beans, Fresh Apple, Milk, Ketchup S: GF Turkey & Cheese Wrap EDS: GF Crackers, 100% Fruit Punch Juice	B: GF Bagel, Cream Cheese, Fresh Banana, Milk L: Fiesta Corn Salad Bowl, Brown Rice, Spinach, Orange Wedges, Milk, Fiesta Dressing S: GF Crackers, 100% Apple Juice EDS: GF Sun Butter Bar, Orange Wedges
25 B: GF French Toast Sticks, Apple Slices w/cinnamon, Milk, Syrup L: GF Chicken Flauta, Pinto Beans, Mexicali Corn, Mixed Berries, Milk S: GF Crackers, Applesauce Cup EDS: GF Gingerbread, 100% Grape Juice	B: GF Breakfast Pizza, Diced Pear Cup, Milk L: Teriyaki Chicken, Brown Rice, Steamed Broccoli, Orange Wedges, Milk S: GF Graham Crackers, Fresh Pear EDS: GF Crackers, Strawberry Applesauce Cup	B: GF Applesauce Muffin, Orange Wedges, Milk L: GF Italian Lasagna, Normandy Blend Vegetables, Fresh Pear, Milk S: Strawberry Banana Yogurt Cup, GF Cereal EDS: 100% Apple Juice, GF Graham Crackers	B: GF Bagel Sandwich, Turkey & Cheese, Fresh Apple, Milk L: GF Meatball Subs, GF Meatballs, Green Beans, Peach Cup, Milk, S: GF Multigrain Cheerios, 100% Orange Tangerine Juice EDS: Fresh Banana, Jello Cup	29



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March 2024





VEGETARIAN DIET

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				B: Biscuit, Fresh Banana, Milk, Jelly L: Vegetarian Wrap, 8" WG Tortilla, Baby Carrots, Lettuce, Fresh Pear, Milk, Ranch Dressing S: WG Dino Bites, 100% Apple Juice EDS: Granola Bar, Orange Wedges
B: Blueberry Muffin, Fresh Apple, Milk L: Vegetarian Burger, Potato Tots, Peaches, Milk, Ketchup S: Cheddar Goldfish Crackers, Applesauce Cup EDS: Ginger Bread Cookie, 100% Grape Juice	B: Waffles, Vegetarian Sausage Pattie, Diced Peach Cup, Milk, Syrup L: Vegetarian Stroganoff w/Tofu, Whole Grain Pasta, Peas & Carrots, Pineapple, Milk S: WG Graham Crackers, Fresh Pear EDS: WG Cheez-its, Strawberry Applesauce Cup	B: Biscuit Sandwich, Egg & Cheese, Fresh Banana, Milk L: Vegetarian Nuggets, Macaroni & Cheese, Roasted Broccoli, Sliced Apple, Milk, Ketchup S: Strawberry Banana Yogurt Cup, Granola EDS: Apple Cinnamon Bear Grahams, 100% Apple Juice	B: Breakfast Pizza, Mixed Fruit Cup, Milk L: Cheese Ravioli, Zucchini, Apple Slices w/cinnamon, Milk S: Multigrain Cheerios, 100% Orange Tangerine Juice EDS: Fresh Banana, Jello Cup	B: Cereal bowl corn chex, Orange Wedges, Milk L: Garden Salad Spring Mix, Shredded Carrots, Tropical Fruit Cup, Milk, Honey Mustard S: Black Bean Dip, Whole Grain Baked Tortilla Chips EDS: Fresh Apple, Nutri Grain Bar
11	12	13	14	15
B: Banana Bread, Fresh Apple, Milk L: Cheese Pizza, Glazed Carrots, Pineapple, Milk S: 100% Grape Juice, Apple Cinn. Bear Crackers EDS: Baby Carrots, Hummus	B: Cereal Bowl corn chex, Orange Wedges, Milk L: Penne Alfredo, Broccoli, Peaches, Milk S: Sun Butter Sandwich EDS: Chocolate Humms, WG Graham Crackers	B: Croissant Sandwich, Egg & Cheese, Diced Peach Cup, Milk L: Tofu Loaf, Whole Grain Roll, Cauliflower Mash Potatoes, Fresh Pear, Milk, ketchup S: 100% Fruit Punch Juice, Whole Grain Crackers EDS: Banana, Vanilla Yogurt Cup	B: Pancakes, Vegetarian Sausage Pattie, Fresh Pear, Milk, Syrup L: Macaroni & Cheese, Vegetarian Nuggets, Green Beans, Sliced Apple, Milk, Ketchup S: Vegetarian Wrap EDS: WG Cheddar Goldfish, 100% Fruit Punch Juice	B: Bagel, Cream Cheese, Fresh Banana, Milk L: Fiesta Corn Salad Bowl, Brown Rice, Spinach, Orange Wedges, Fiesta Dressing, Milk S: WG Dino Bites, 100% Apple Juice EDS: Granola Bar, Orange Wedges
B: French Toast Sticks, Apple Slices w/cinnamon, Milk, Syrup L: Vegetarian Flautas, Pinto Beans, Mexicali Corn, Mixed Berries, Milk S: Cheddar Goldfish Crackers, Applesauce Cup EDS: Ginger Bread Cookie, 100% Grape Juice	B: Vegetarian Breakfast Pizza, Diced Pear Cup, Milk L: Teriyaki Tofu, Brown Rice, Steamed Broccoli, Orange Wedges, Milk S: WG Graham Crackers, Fresh Pear EDS: Whole Grain Cheez-its, Strawberry Applesauce Cup	B: Apple Cinnamon Muffin, Orange Wedges, Milk L: Vegetarian Italian Lasagna, Normandy Blend Vegetables, Fresh Pear, Milk S: Strawberry Banana Yogurt Cup, Granola EDS: Apple Cinnamon Bear Grahams, 100% Apple Juice	B: Bagel Sandwich, Egg & Cheese, Fresh Apple, Milk L: Vegetarian Meatball Sub, Green Beans, Peach Cup, Milk, S: Multigrain Cheerios, 100% Orange Tangerine Juice EDS: Fresh Banana, Jello Cup	29