
healthy meals for all

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| WEEKLY 5 FAVE |  |  |  |  |
| Cheeseburger Oven Baked Fries | Chicken Bites <br> w/ Mashed Potatoes | Chicken Tamale <br> w/ Seasoned Diced Carrots | Turkey Nachos Tortilla Chips | Deep Dish Pepperoni Pizza |
| COLD ENTREES OF THE DAY |  |  |  |  |
| Turkey \& Cheese Torta Side of Baked Fries | Turkey \& Cheese Submarine Sandwich Baby Carrots | Vegetable Chef Salad w/ Egg \& Cheese Dinner Roll Ranch Dressing | Chicken Salad Sandwich Fava Bean Crisps | Chicken Caprese Salad Dinner Roll Italian Dressing |
| Double Cheese Torta Side of Baked Fries | Soy Butter \& Jelly Sandwich Baby Carrots | Build Your Own Cheese Pizza Kit Marinara Sauce | Cheese Submarine Sandwich Fava Bean Crisps | Egg Salad Sandwich |
| FEATURED ENIR ${ }^{\text {a }}$ O OF THE DAY |  |  |  |  |
| 26-Feb | 27-Feb | 28-Feb | 29-Feb | 1-Mar |
| Cheeseburger Oven Baked Fries | Beef Bulgogi Brown Rice Steamed Broccol | Chicken Tamale w/ Seasoned Diced Carrots | Chicken Burrito Bowl w/ Black Beans \& Rice | Beef, Bean \& Cheese Burrito |
| Cheese Melt Oven Baked Fries | Cheese Lasagna <br> w/ Marinara Sauce | Bean \& Cheese Pupusa w/ Pinto Beans | Cheese Tamale w/ Black Beans | Deep Dish Cheese Pizza |
| Baby Carrots | Baby Carrots | Roasted Chickpeas | Celery Sticks | Romaine Side Salad w/ Ranch |
| 100\% Fruit Juice | Orange | Banana | Apple | Orange |
| 4-Mar | 5-Mar | 6-Mar | 7-Mar | 8-Mar |
| Grilled Chicken Sandwich Oven Baked Fries BBQ Sauce Packet | Chicken Alfredo Pasta w/ Steamed Broccoli | Teriyaki Chicken w/ Yakisoba Noodles Cabbage \& Carrots | Turkey Nachos Tortilla Chips | Cheeseburger Mac \& Cheese |
| Cheese Melt Oven Baked Fries | Cheese Lasagna w/ Marinara Sauce | Bean \& Cheese Pupusa w/ Pinto Beans | Cheese Tamale w/ Black Beans | Deep Dish Cheese Pizza |
| Baby Carrots | Baby Carrots | Roasted Chickpeas | Cucumber Slices w/ Tajin | Romaine Side Salad w/ Ranch |
| 100\% Fruit Juice | Orange | Banana | Apple | Orange |
| 11-Mar | 12-Mar | 13-Mar | 14-Mar | 15-Mar |
| Hot Dog Oven Baked Fries | Spaghetti w/ Meat Sauce | Cheese Enchilada w/ Creamy Green Salsa | Chicken Burrito Bowl w/ Black Beans \& Rice | Hamburger |
| Cheese Melt Oven Baked Fries | Cheese Lasagna w/ Marinara Sauce | Bean \& Cheese Pupusa w/ Pinto Beans | Cheese Tamale w/ Black Beans | Grilled Cheese Sandwich |
| Baby Carrots | Baby Carrots | Roasted Chickpeas | Cucumber Slices w/ Tajin | Romaine Side Salad w/ Ranch |
| 100\% Fruit Juice | Orange | Banana | Apple | Orange |
| 18-Mar | 19-Mar | 20-Mar | 21-Mar | 22-Mar |
| Cheeseburger Oven Baked Fries | Beef Bulgogi Brown Rice Steamed Broccoli | Chicken Tamale w/ Seasoned Diced Carrots | Chicken Burrito Bowl w/ Black Beans \& Rice | Beef, Bean \& Cheese Burrito |
| Cheese Melt Oven Baked Fries | Cheese Lasagna w/ Marinara Sauce | Bean \& Cheese Pupusa w/ Pinto Beans | Cheese Tamale w/ Black Beans | Grilled Cheese Sandwich |
| Baby Carrots | Baby Carrots | Roasted Chickpeas | Celery Sticks | Romaine Side Salad w/ Ranch |
| 100\% Fruit Juice | Orange | Banana | Apple | Orange |
| 25-Mar | 26-Mar | 27-Mar | 28-Mar | 29-Mar |
| Grilled Chicken Sandwich Oven Baked Fries BBQ Sauce Packet | Chicken Alfredo Pasta w/ Steamed Broccoli | Teriyaki Chicken w/ Yakisoba Noodles Cabbage \& Carrots | Turkey Nachos Tortilla Chips | Cheeseburger Mac \& Cheese |
| Cheese Melt Oven Baked Fries | Cheese Lasagna w/ Marinara Sauce | Bean \& Cheese Pupusa w/ Pinto Beans | Cheese Tamale <br> w/ Black Beans (1/2c) | Deep Dish Cheese Pizza |
| Baby Carrots | Baby Carrots | Roasted Chickpeas | Cucumber Slices w/ Tajin | Romaine Side Salad w/ Ranch |
| 100\% Fruit Juice | Orange | Banana | Apple | Orange |
| All entrées served with choice of $1 \%$ milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice. |  |  |  |  |

healthy meals for all

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| WEEKIY 5 FAVE |  |  |  |  |
| Cheeseburger Oven Baked Fries | Chicken Bites <br> w/ Mashed Potatoes \& Cracker | Chicken Tamale <br> w/ Seasoned Diced Carrots | Turkey Nachos Tortilla Chips | Deep Dish Pepperoni Pizza |
| COLD ENTREES OF THE DAY |  |  |  |  |
| Turkey \& Cheese Torta Side of Baked Fries | Turkey \& Cheese Submarine Sandwich Baby Carrots | Vegetable Chef Salad w/ Egg \& Cheese Dinner Roll Ranch Dressing | Chicken Salad Sandwich Fava Bean Crisps | Chicken Caprese Salad Dinner Roll Italian Dressing |
| Double Cheese Torta Side of Baked Fries | Soy Butter \& Jelly Sandwich Baby Carrots | Build Your Own Cheese Pizza Kit Marinara Sauce | Cheese Submarine Sandwich Fava Bean Crisps | Egg Salad Sandwich |
| FEATURED ENTR'́E OF THE DAY |  |  |  |  |
| 26-Feb | 27-Feb | 28-Feb | 29-Feb | 1-Mar |
| Cheeseburger Oven Baked Fries | Beef Bulgogi Brown Rice Steamed Broccoli | Chicken Bites \& Waffle w/ Seasoned Potatoes | Chicken Burrito Bowl w/ Black Beans \& Rice | Beef, Bean \& Cheese Burrito |
| Cheese Melt Oven Baked Fries | Cheese Lasagna w/ Marinara Sauce Wheat Crackers | Bean \& Cheese Pupusa w/ Pinto Beans | Cheese Tamale w/ Black Beans | Deep Dish Cheese Pizza |
| Baby Carrots | Baby Carrots | Fava Bean Crisps | Celery Sticks | Romaine Side Salad w/ Ranch |
| 100\% Fruit Juice \& Orange | Orange \& Apple | Banana \& Pear | Apple \& Orange | Orange \& Apple |
| 4-Mar | 5-Mar | 6-Mar | 7-Mar | 8-Mar |
| Grilled Chicken Sandwich Oven Baked Fries BBQ Sauce Packet | Chicken Alfredo Pasta w/ Steamed Broccoli | Teriyaki Chicken w/ Yakisoba Noodles Cabbage \& Carrots | Turkey Nachos Tortilla Chips | Cheeseburger Mac \& Cheese |
| Cheese Melt Oven Baked Fries | Cheese Lasagna w/ Marinara Sauce Wheat Crackers | Bean \& Cheese Pupusa w/ Pinto Beans | Cheese Tamale w/ Black Beans | Deep Dish Cheese Pizza |
| Baby Carrots | Baby Carrots | Fava Bean Crisps | Cucumber Slices w/ Tajin | Romaine Side Salad w/ Ranch |
| 100\% Fruit Juice \& Orange | Orange \& Apple | Banana \& Pear | Apple \& Orange | Orange \& Pear |
| 11-Mar | 12-Mar | 13-Mar | 14-Mar | 15-Mar |
| Hot Dog Oven Baked Fries | Spaghetti w/ Meat Sauce | Cheese Enchilada <br> w/ Creamy Green Salsa | Chicken Burrito Bowl w/ Black Beans \& Rice | Hamburger |
| Cheese Melt Oven Baked Fries (1/2 c) | Cheese Lasagna w/ Marinara Sauce Wheat Crackers | Bean \& Cheese Pupusa w/ Pinto Beans | Cheese Tamale w/ Black Beans | Grilled Cheese Sandwich |
| Baby Carrots | Baby Carrots | Fava Bean Crisps | Cucumber Slices w/ Tajin | Romaine Side Salad w/ Ranch |
| 100\% Fruit Juice \& Orange | Orange \& Apple | Banana \& Pear | Apple \& Orange | Orange \& Pear |
| 18-Mar | 19-Mar | 20-Mar | 21-Mar | 22-Mar |
| Cheeseburger Oven Baked Fries | Beef Bulgogi Brown Rice Steamed Broccoli | Chicken Tamale <br> w/ Seasoned Diced Carrots | Chicken Burrito Bowl w/ Black Beans \& Rice | Beef, Bean \& Cheese Burrito |
| Cheese Melt Oven Baked Fries | Cheese Lasagna <br> w/ Marinara Sauce <br> Wheat Crackers | Bean \& Cheese Pupusa w/ Pinto Beans | Cheese Tamale w/ Black Beans | Grilled Cheese Sandwich |
| Baby Carrots | Baby Carrots | Fava Bean Crisps | Celery Sticks | Romaine Side Salad w/ Ranch |
| 100\% Fruit Juice \& Orange | Orange \& Apple | Banana \& Pear | Apple \& Orange | Orange \& Pear |
| 25-Mar | 26-Mar | 27-Mar | 28-Mar | 29-Mar |
| Grilled Chicken Sandwich Oven Baked Fries BBQ Sauce Packet | Chicken Alfredo Pasta w/ Steamed Broccoli | Teriyaki Chicken w/ Yakisoba Noodles Cabbage \& Carrots | Turkey Nachos Tortilla Chips | Cheeseburger Mac \& Cheese |
| Cheese Melt Oven Baked Fries | Cheese Lasagna w/ Marinara Sauce Wheat Crackers | Bean \& Cheese Pupusa w/ Pinto Beans | Cheese Tamale w/ Black Beans | Deep Dish Cheese Pizza |
| Baby Carrots | Baby Carrots | Fava Bean Crisps | Cucumber Slices w/ Tajin | Romaine Side Salad w/ Ranch |
| 100\% Fruit Juice \& Orange | Orange \& Apple | Banana \& Pear | Apple \& Orange | Orange \& Apple |


| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| FEATURED ENTREE OF THE DAY |  |  |  |  |
| 26-Feb | 27-Feb | 28-Feb | 29-Feb | 1-Mar |
| Sunbutter, Crackers, String Cheese <br> Baby Carrots ( $\mathbf{1 / 2}$ c) <br> Apple \& Raisins <br> Veg Juice (4oz) | Turkey \& Cheese Torta <br> Baby Carrots (1/2 c) <br> Apple \& Raisins <br> Veg Juice (4oz) | Turkey \& Cheese Torta Baby Carrots ( $\mathbf{1 / 2} \mathbf{c}$ ) Apple \& Raisins Veg Juice (4oz) | Turkey \& Cheese Torta <br> Baby Carrots (1/2 c) <br> Apple \& Raisins <br> Veg Juice (4oz) | Turkey \& Cheese Torta Baby Carrots ( $\mathbf{1 / 2}$ c) Apple \& Raisins Veg Juice (4oz) |
| Sunbutter, Crackers, String Cheese <br> Baby Carrots ( $\mathbf{1 / 2} \mathbf{c}$ ) <br> Apple \& Raisins <br> Veg Juice (4oz) | SoyButter Sandwich Baby Carrots ( $1 / 2 \mathrm{c}$ ) Apple \& Raisins Veg Juice (4oz) | Sunbutter, Crackers, String Cheese Baby Carrots (1/2 c) Apple \& Raisins Veg Juice (4oz) | SoyButter Sandwich Baby Carrots ( $1 / 2 \mathrm{c}$ ) Apple \& Raisins Veg Juice (4oz) | Sunbutter, Crackers, String Cheese <br> Baby Carrots (1/2 c) <br> Apple \& Raisins <br> Veg Juice (4oz) |
| 4-Mar | 5-Mar | 6-Mar | 7-Mar | 8-Mar |
| Sunbutter, Crackers, String Cheese <br> Baby Carrots ( $1 / 2 \mathrm{c}$ ) <br> Apple \& Raisins <br> Veg Juice (4oz) | Turkey \& Cheese Torta <br> Baby Carrots (1/2 c) <br> Apple \& Raisins <br> Veg Juice (4oz) | Turkey \& Cheese Torta <br> Baby Carrots (1/2 c) <br> Apple \& Raisins <br> Veg Juice (4oz) | Turkey \& Cheese Torta <br> Baby Carrots (1/2 c) <br> Apple \& Raisins <br> Veg Juice (4oz) | Turkey \& Cheese Torta <br> Baby Carrots (1/2 c) <br> Apple \& Raisins <br> Veg Juice (4oz) |
| Sunbutter, Crackers, String Cheese <br> Baby Carrots ( $\mathbf{1 / 2} \mathbf{c}$ ) <br> Apple \& Raisins <br> Veg Juice (4oz) | SoyButter Sandwich Baby Carrots (1/2 c) Apple \& Raisins Veg Juice (4oz) | Sunbutter, Crackers, String Cheese Baby Carrots ( $1 / 2 \mathrm{c}$ ) Apple \& Raisins Veg Juice (4oz) | SoyButter Sandwich <br> Baby Carrots (1/2 c) <br> Apple \& Raisins <br> Veg Juice (4oz) | Sunbutter, Crackers, String Cheese <br> Baby Carrots (1/2 c) <br> Apple \& Raisins <br> Veg Juice (4oz) |
| 11-Mar | 12-Mar | 13-Mar | 14-Mar | 15-Mar |
| Sunbutter, Crackers, String Cheese Baby Carrots ( $\mathbf{1 / 2}$ c) Apple \& Raisins Veg Juice (4oz) | SoyButter Sandwich Baby Carrots ( $1 / 2 \mathrm{c}$ ) Apple \& Raisins Veg Juice (4oz) | Turkey \& Cheese Torta Baby Carrots ( $\mathbf{1 / 2} \mathbf{c}$ ) Apple \& Raisins Veg Juice (40z) | Turkey \& Cheese Torta <br> Baby Carrots (1/2 c) <br> Apple \& Raisins <br> Veg Juice (4oz) | Turkey \& Cheese Torta Baby Carrots ( $\mathbf{1 / 2} \mathbf{c}$ ) Apple \& Raisins Veg Juice (4oz) |
| Sunbutter, Crackers, String Cheese <br> Baby Carrots (1/2 c) <br> Apple \& Raisins <br> Veg Juice (4oz) | SoyButter Sandwich Baby Carrots (1/2 c) Apple \& Raisins Veg Juice (4oz) | Sunbutter, Crackers, String Cheese <br> Baby Carrots ( $\mathbf{1 / 2}$ c) <br> Apple \& Raisins <br> Veg Juice (4oz) | SoyButter Sandwich <br> Baby Carrots ( $\mathbf{1 / 2} \mathbf{c}$ ) <br> Apple \& Raisins <br> Veg Juice (4oz) | Sunbutter, Crackers, String Cheese <br> Baby Carrots (1/2 c) <br> Apple \& Raisins <br> Veg Juice (4oz) |
| 18-Mar | 19-Mar | 20-Mar | 21-Mar | 22-Mar |
| Sunbutter, Crackers, String Cheese <br> Baby Carrots (1/2 c) <br> Apple \& Raisins <br> Veg Juice (4oz) | Turkey \& Cheese Torta <br> Baby Carrots (1/2 c) <br> Apple \& Raisins <br> Veg Juice (4oz) | Turkey \& Cheese Torta <br> Baby Carrots ( $\mathbf{1 / 2} \mathbf{c}$ ) <br> Apple \& Raisins <br> Veg Juice (4oz) | Turkey \& Cheese Torta <br> Baby Carrots (1/2 c) <br> Apple \& Raisins <br> Veg Juice (4oz) | Turkey \& Cheese Torta <br> Baby Carrots (1/2 c) <br> Apple \& Raisins <br> Veg Juice (4oz) |
| Sunbutter, Crackers, String Cheese <br> Baby Carrots (1/2 c) <br> Apple \& Raisins <br> Veg Juice (4oz) | SoyButter Sandwich Baby Carrots ( $\mathbf{1 / 2} \mathbf{c}$ ) Apple \& Raisins Veg Juice (4oz) | Sunbutter, Crackers, String Cheese <br> Baby Carrots (1/2 c) <br> Apple \& Raisins <br> Veg Juice (4oz) | SoyButter Sandwich Baby Carrots ( $1 / 2 \mathrm{c}$ ) Apple \& Raisins Veg Juice (4oz) | Sunbutter, Crackers, String Cheese <br> Baby Carrots ( $\mathbf{1 / 2} \mathrm{c}$ ) <br> Apple \& Raisins <br> Veg Juice (4oz) |
| 25-Mar | 26-Mar | 27-Mar | 28-Mar | 29-Mar |
| Sunbutter, Crackers, String Cheese Baby Carrots ( $1 / 2 \mathrm{c}$ ) <br> Apple \& Raisins Veg Juice (4oz) | Turkey \& Cheese Torta Baby Carrots (1/2 c) Apple \& Raisins Veg Juice (4oz) | Turkey \& Cheese Torta Baby Carrots (1/2 c) Apple \& Raisins Veg Juice (4oz) | Turkey \& Cheese Torta Baby Carrots (1/2 c) Apple \& Raisins Veg Juice (4oz) | Turkey \& Cheese Torta Baby Carrots (1/2 c) Apple \& Raisins Veg Juice (4oz) |
| Sunbutter, Crackers, String Cheese <br> Baby Carrots (1/2 c) <br> Apple \& Raisins <br> Veg Juice (40z) | SoyButter Sandwich <br> Baby Carrots ( $1 / 2 \mathrm{c}$ ) <br> Apple \& Raisins <br> Veg Juice (4oz) | Sunbutter, Crackers, String Cheese <br> Baby Carrots ( $\mathbf{1 / 2} \mathbf{c}$ ) <br> Apple \& Raisins <br> Veg Juice (4oz) | SoyButter Sandwich Baby Carrots ( $\mathbf{1 / 2} \mathbf{c}$ ) <br> Apple \& Raisins Veg Juice (4oz) | Sunbutter, Crackers, String Cheese <br> Baby Carrots ( $\mathbf{1 / 2} \mathbf{c}$ ) <br> Apple \& Raisins <br> Veg Juice (4oz) |
| entrées served with choice of $1 \%$ mil institution is an equal opportunity pro | e milk. All grain items offered enus are subject to change w | Whole Grain Rich. ut notice. |  |  |

March 2024
Snack NSLP

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| FEATURED ENTREE OF THE DAY |  |  |  |  |
| 26-Feb | 27-Feb | 28-Feb | 29-Feb | 1-Mar |
| WG Strawberry Multi-Grain Bar (1G) | WG Wheat Crackers (1G) | WG BBQ Poptillas (1G) | WG Educational Snacks Crackers (1G) | WG Goldfish Cheddar Crackers (1G) |
| Apple (3/4 c) | 100\% Fruit Juice (6 oz) (No Juice: Orange 3/4c) | Orange (3/4 c) | Pear (3/4 c) | 100\% Fruit Juice (6 oz) (No Juice: Orange $3 / 4 \mathrm{c}$ ) |
| 4-Mar | 5-Mar | 6-Mar | 7-Mar | 8-Mar |
| WG Pretzels (1G) | WG Nacho Poptillas (1G) | WG Pizza Crackers (1G) | Sunflower Seeds (1 MA) OR 2nd opt: Edu Snack Crackers (1G) | WG Honey Crackers (1G) |
| Apple (3/4 c) | 100\% Fruit Juice (6 oz) (No Juice: Orange 3/4c) | Orange (3/4 c) | Pear (3/4 c) | 100\% Fruit Juice (6 oz) <br> (No Juice: Orange 3/4c) |
| 11-Mar | 12-Mar | 13-Mar | 14-Mar | 15-Mar |
| WG Wheat Crackers (1G) \& Roasted Seed Spread (1 M/MA) | WG Churro Poptillas (1G) | Cheese Stick (1 MA) | WG Apple Cinnamon Multi-Grain Bar (1G) | WG Giant Cinnamon Crackers (1G) |
| X | 100\% Fruit Juice (6 oz) (No Juice: Orange $3 / 4 \mathrm{c}$ ) | Orange (3/4 c) | Pear (3/4c) | 100\% Fruit Juice (6 oz) (No Juice: Orange 3/4c) |
| 18-Mar | 19-Mar | 20-Mar | 21-Mar | 22-Mar |
| WG Strawberry Multi-Grain Bar (1G) | WG Wheat Crackers (1G) | WG BBQ Poptillas (1G) | WG Educational Snacks Crackers (1G) | WG Goldfish Cheddar Crackers (1G) |
| Apple (3/4 c) | 100\% Fruit Juice (6 oz) (No Juice: Orange 3/4c) | Orange (3/4 c) | Pear (3/4c) | 100\% Fruit Juice (6 oz) (No Juice: Orange 3/4c) |
| 25-Mar | 26-Mar | 27-Mar | 28-Mar | 29-Mar |
| WG Pretzels (1G) | WG Nacho Poptillas (1G) | WG Pizza Crackers (1G) | Sunflower Seeds (1 MA) OR 2nd opt: Edu Snack Crackers (1G) | WG Honey Crackers (1G) |
| Apple (3/4 c) | 100\% Fruit Juice (6 oz) (No Juice: Orange 3/4c) | Orange (3/4 c) | Pear (3/4 c) | $100 \%$ Fruit Juice (6 oz) (No Juice: Orange 3/4c) |
| All entrées served with choice of $1 \%$ milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice. |  |  |  |  |


| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| FEATURED ENTREE OF THE DAY |  |  |  |  |
| 26-Feb | 27-Feb | 28-Feb | 29-Feb | 1-Mar |
| Cheeseburger Mac \& Cheese Baby Carrots (1/2 c) | Chicken Burrito Bowl (2M) <br> $w /$ Beans \& Rice ( $1 \mathrm{G}, \mathbf{1 / 2 c} \mathbf{v e g}$ ) | Hot Dog (2M,2G) Oven Baked Fries (1/2 c) | Chicken Tamale (2M,2G) w/ Seasoned Corn (1/2 c) | Chicken Bites (2M, 1G) w/ Mashed Potatoes ( $\mathbf{1 / 2} \mathbf{c}$ ) |
| Turkey \& Cheese Torta (2M,2G) Baby Carrots (1/2 c) | Turkey \& Cheese Sub Sandwich <br> (2M,2G) <br> Baby Carrots (1/2 c) | Vegetable Chef Salad w/ Egg \& Shredded Cheese (2M, 1c veg) Dinner Roll (2G) Ranch Dressing | Chicken Salad Sandwich (2G, 2M) Baby Carrots (1/2 c) | Chicken Caprese Salad (2M, 1C Veg) Dinner Roll (2G) Ranch Dressing |
| Double Cheese Torta (2M,2G) Baby Carrots (1/2 c) | Protein Pack: String Cheese (1MA), Sunflower Seeds (1MA) \& Crackers (1G), Baby Carrots (1/2 c) | Build Your Own Pizza Kit (2M,1G) Marinara Sauce Cup (1/2 c) | Soy Butter \& Jelly Sandwich (2MA,2G) <br> Fruitable Juice (4 oz) | Flat Bread (1G) \& Hummus (1MA) w/ Egg (1G) \& Baby Carrots ( $\mathbf{1 / 2} \mathbf{c}$ ) |
| 100\% Fruit Juice (4 oz) (No Juice: Apple 1/2 c) | Pear (1/2 c) | Orange (1/2 c) | $100 \%$ Fruit Juice (1/2 c) (No Juice: Orange 1/2 c) | Apple (1/2 c) |
| 4-Mar | 5-Mar | 6-Mar | 7-Mar | 8-Mar |
| Deep Dish Pepperoni Pizza (2M,2G) Baby Carrots (1/2 c) | Cheese Lasagna (2M,2G) $w /$ Marinara Sauce ( $1 / 2 \mathrm{c}$ veg) | Grilled Chicken Sandwich (2M,2G) Oven Baked Fries ( $\mathbf{1 / 2} \mathbf{c}$ ) | Spaghetti w/ Meat Sauce (2M,1G,1/2c veg) | Beef, Bean \& Cheese Burrito (2M,2G) <br> Baby Carrots (1/2 c) |
| Turkey \& Cheese Torta (2M,2G) Baby Carrots (1/2 c) | Turkey \& Cheese Sub Sandwich <br> (2M,2G) <br> Baby Carrots (1/2 c) | Vegetable Chef Salad w/ Egg \& Shredded Cheese (2M, 1c veg) Dinner Roll (2G) Ranch Dressing | Chicken Salad Sandwich (2G, 2M) Carrots (1/2 c) | Yogurt Parfait w/ Berries Graham Cracker (1G) Baby Carrots (1/2 c) |
| Double Cheese Torta (2M,2G) Baby Carrots (1/2 c) | Protein Pack: Yogurt (1MA), String Cheese (1MA), Crackers (1G) Baby Carrots (1/2c) | Soy Butter \& Jelly Sandwich (2MA,2G) <br> Fruitable Juice (4 oz) | Cheese Sub Sandwich (2M,2G) Cucumber Slices (1/2 c) | Egg Salad Sandwich (2MA,2G) <br> Baby Carrots (1/2 c) |
| 100\% Fruit Juice (4 oz) (No Juice: Apple 1/2 c) | Pear (1/2 c) | Orange (1/2 c) | $100 \%$ Fruit Juice (1/2 c) (No Juice: Orange $1 / 2 \mathrm{c}$ ) | Apple (1/2 c) |
| 11-Mar | 12-Mar | 13-Mar | 14-Mar | 15-Mar |
| Teriyaki Chicken (2M) w/ Yakisoba Noodles (1G) Cabbage \& Carrots ( $1 / 2 \mathrm{c}$ ) | Beef \& Bean Nachos (2M, 1/2c) Tortilla Chips (2 G) | Cheeseburger (2M,2G) Oven Baked Fries (1/2 c) | Deep Dish Cheese Pizza (2M, 2G) | Grilled Cheese Sandwich <br> (2,MA,2G) <br> Baby Carrots (1/2 c) |
| Turkey \& Cheese Torta (2M,2G) Baby Carrots (1/2 c) | Turkey \& Cheese Sub Sandwich (2M,2G) Baby Carrots (1/2 c) | Protein Pack: String Cheese (1MA), Sunflower Seeds (1MA) \& Crackers (1G), Baby Carrots ( $1 / 2 \mathrm{c}$ ) | Chicken Salad Sandwich (2G, 2M) Carrots (1/2 c) | Chicken Caprese Salad (2M, 1C veg) Dinner Roll (2G) |
| Double Cheese Torta (2M,2G) Baby Carrots (1/2 c) | Protein Pack: Yogurt (1MA), String Cheese (1MA), Crackers (1G) Baby Carrots (1/2 c) | Build Your Own Pizza Kit (2M,1G) Marinara Sauce Cup (1/2 c) | Yogurt Parfait w/ Berries Graham Cracker (1G) Baby Carrots (1/2 c) | Soy Butter \& Jelly Sandwich (2MA,2G) <br> Fruitable Juice (4 oz) |
| 100\% Fruit Juice (4 oz) (No Juice: Apple 1/2 c) | Pear (1/2 c) | Apple (1/2 c) | $100 \%$ Fruit Juice ( $1 / 2 \mathrm{c}$ ) (No Juice: Orange $1 / 2 \mathrm{c}$ ) | Apple (1/2 c) |
| 18-Mar | 19-Mc | 20-Mar | 21-Mar | 22-Mar |
| Cheeseburger Mac \& Cheese Baby Carrots (1/2 c) | Chicken Burrito Bowl (2M) <br> $w /$ Beans \& Rice ( $1 \mathrm{G}, \mathbf{1 / 2 c}$ veg) | Hot Dog (2M,2G) Oven Baked Fries (1/2 c) | Chicken Tamale (2M,2G) $w /$ Seasoned Corn (1/2 c) | Chicken Bites (2M, 1G) w/ Mashed Potatoes ( $\mathbf{1 / 2} \mathbf{c}$ ) |
| Turkey \& Cheese Torta (2M,2G) Baby Carrots (1/2 c) | Turkey \& Cheese Sub Sandwich (2M,2G) <br> Baby Carrots (1/2 c) | Vegetable Chef Salad w/ Egg \& Shredded Cheese (2M, 1c veg) Dinner Roll (2G) Ranch Dressing | Chicken Salad Sandwich (2G, 2M) Baby Carrots (1/2 c) | Chicken Caprese Salad (2M, 1C Veg) Dinner Roll (2G) Ranch Dressing |
| Double Cheese Torta (2M,2G) Baby Carrots (1/2 c) | Protein Pack: String Cheese (1MA), Sunflower Seeds (1MA) \& Crackers (1G), Baby Carrots (1/2 c) | Build Your Own Pizza Kit (2M,16) Marinara Sauce Cup (1/2 c) $\qquad$ | Soy Butter \& Jelly Sandwich (2MA,2G) Fruitable Juice (4 oz) | Flat Bread (1G) \& Hummus (1MA) <br>  <br> Baby Carrots (1/2 c) |
| 100\% Fruit Juice (4 oz) (No Juice: Apple 1/2 c) | Pear (1/2 c) | Orange (1/2 c) | 100\% Fruit Juice (1/2 c) (No Juice: Orange $1 / 2 \mathrm{c}$ ) | Apple (1/2 c) |
| 25-Mar | 26-Mar | 27-Mar | 28-Mar | 29-Mar |
| Deep Dish Pepperoni Pizza (2M,2G) Baby Carrots (1/2 c) | Cheese Lasagna (2M,2G) $\mathrm{w} /$ Marinara Sauce ( $1 / 2 \mathrm{c}$ veg) | Grilled Chicken Sandwich (2M,2G) Oven Baked Fries (1/2 c) | Spaghetti w/ Meat Sauce (2M,1G,1/2c veg) | Beef, Bean \& Cheese Burrito (2M,2G) <br> Baby Carrots (1/2 c) |
| Turkey \& Cheese Torta (2M,2G) Baby Carrots (1/2 c) | Turkey \& Cheese Sub Sandwich <br> (2M,2G) <br> Baby Carrots (1/2 c) | Vegetable Chef Salad w/ Egg \& Shredded Cheese (2M, 1c veg) Dinner Roll (2G) Ranch Dressing | Chicken Salad Sandwich (2G, 2M) Carrots (1/2 c) | Yogurt Parfait w/ Berries Graham Cracker (1G) Baby Carrots (1/2c) |
| Double Cheese Torta (2M,2G) Baby Carrots (1/2 c) | Protein Pack: Yogurt (1MA), String Cheese (1MA), Crackers (1G) Baby Carrots (1/2 c) | Soy Butter \& Jelly Sandwich <br> (2MA,2G) <br> Fruitable Juice (4 oz) | Cheese Sub Sandwich (2M,2G) Cucumber Slices (1/2 c) | Egg Salad Sandwich (2MA,2G) Baby Carrots (1/2 c) |
| 100\% Fruit Juice (4 oz) (No Juice: Apple 1/2 c) | Pear (1/2 c) | Orange (1/2 c) | 100\% Fruit Juice ( $1 / 2$ c) (No Juice: Orange 1/2c) | Apple (1/2 c) |
| All entrées served with choice of $1 \%$ milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice. |  |  |  |  |

Allergy Friendly Meals
Weekly Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| BREAKFAST |  |  |  |  |
| Cinnamon Chex Bowl, Strawberry Rockinola Granola, \& Fruit*, Milk Option* | GF Cheerios Bowl, Chocolate Rockinola Granola \& Fruit* , Milk Option* | Cocoa Krispies Bowl, Cinnamon Rockinola Granola, Fruit*, Milk Option* | Rice Krispies Bowl, Strawberry Rockinola Granola, Fruit*, Milk Option* | Corn Chex Bowl, Chocolate Rockinola Granola \& Fruit* , Milk Option* |
| LUNCH |  |  |  |  |
| Burrito Bowl, Fruit*, Milk Option* $2 \mathrm{M}, 2 \mathrm{G}, 1 \mathrm{C}$ Veg. | Turkey Marinara Bowl with Green Peas, Fruit*, Milk Option* 2M, 2G, 1C Veg. | Chicken Fajitas Bowl with Green Beans, Fruit*, Milk Option* 2M, 2G, 1C Veg. | Beef and Veggie Bowl with Zucchini, Fruit*, Milk Option* 2M, 2G, 1C Veg. | California Turkey and Vegetable Bowl, Fruit*, Milk Option* $2 \mathrm{M}, 2 \mathrm{G}, 1 \mathrm{C} \text { Veg. }$ |
| SNACK |  |  |  |  |
| Rockinola Granola, Fruit* | Corn Tortilla Chips, Fritos, Fruit* | Hummus \& Corn Tortilla Chips | Rockinola Granola, Fruit* | Corn Tortilla Chips, Fritos, Fruit* |
| SUPPER |  |  |  |  |
| Beef and Veggie Bowl with Zucchini, Fruit*, Milk Option* 2M, 2G, 1C Veg. | Chicken Fajitas Bowl with Green Beans, Fruit*, Milk Option* 2M, 2G, 1C Veg. | Burrito Bowl, Fruit*, Milk Option* 2M, 2G, 1C Veg. | California Turkey and Vegetable Bowl, Fruit*, Milk Option* 2M, 2G, 1C Veg. | Turkey Marinara Bowl with Green Peas, Fruit*, Milk Option* 2M, 2G, 1C Veg. |
| FIELD TRIP |  |  |  |  |
| Hummus Cup, Corn Chips Fritos, Sunbutter Cup,RockinOla Granola Apple Sauce 4.5oz, Paradise Punch Vegetable Juice 4oz |  |  |  |  |
| Safe Handling Instructions for Frozen Entrees; |  |  |  |  |
| Keep the lunch food frozen/refrigerated until ready to cook and serve. |  |  |  |  |
| 圾\| | Tear open the side of the film and place the tray in the microwave and microwave on high for 3-5 minutes. |  |  |  |  |
| \%8 Ensure the internal temperature reaches $165^{\circ} \mathrm{F}$; otherwise, place the plate in the microwave again and heat it for an additional $2-3$ minutes/ until reaches the $165^{\circ} \mathrm{F}$. Allow the food to rest for 1 minute. Handle with care. The content is hot. <br> For conventional oven, set the oven temperature at $300^{\circ} \mathrm{F}$ and heat the meal for $50-60$ minutes from frozen or until thermometer reaches $165^{\circ} \mathrm{F}$. |  |  |  |  |
| Our Allergen Management Plan; |  |  |  |  |
| Revolution Foods takes food safety and customer safety seriously. We have an allergen management plan in place that prevent allergen cross-contamination. This meal is free of major 8 allergens and manufactured on a validated clean line. The sanitation process is verified by performing allergen residue testing. Every production batch is being tested against the below-listed allergies up to the stated limit of detection (LOD) using an accredited test method. <br> Warning: Although these meals don't contain any fish ingredients, the validation test is not being performed in our kitchen. |  |  |  |  |
| Target Allergen | LOD (Limit of Detection) |  | Target Allergen | LOD (Limit of Detection) |
| Almond Protein | 2 ppm |  | Gluten Protein | 4 ppm |
| Brazil Nut Protein | 5 ppm |  | Hazelnut Protein | 5 ppm |
| Cashew/Pistachio Protein | 2 ppm |  | Macadamia nut Protein | 2 ppm |
| Coconut Protein | 10 ppm |  | Total Milk Protein | 1 ppm |
| Crustacean Protein | 2 ppm |  | Peanut Protein | 1 ppm |
| Whole Egg Protein | 2 ppm |  | Walnut Protein | 10 ppm |
|  |  |  | Sesame Protein | 5 ppm |

