

# Lunch K-8

## MARCH 2024

MON	TUE	WED	THU	FRI
<p>4 Chicken Nuggets w/ Ketchup &amp; Baked Beans <b>or</b> Falafel Bites w/ Quinoa Pilaf, Black Beans &amp; Tomato (V) Fresh Apple</p>	<p>5 Beef Meatballs in Tomato Sauce w/ Club Roll <b>or</b> Home-Style Macaroni &amp; Cheese (V) Broccoli Fresh Pear</p>	<p>6 Hot Honey Chicken Ciabatta Sandwich <b>or</b> French Toast Sticks w/ Scrambled Eggs (V) Roasted Sweet Potatoes Fresh Apple</p>	<p>7 Adobo Chicken w/ Cilantro Brown Rice &amp; Street Corn <b>or</b> Veggie Burger w/ Ketchup &amp; Roasted Potatoes (V) Fresh Banana</p>	<p>1 Turkey &amp; Cheese Sandwich w/ Mayonnaise <b>or</b> Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple</p>
<p>11 Meatloaf w/ Gravy, Mashed Potatoes &amp; Dimmer Roll <b>or</b> Cheese Quesadilla w/ Sour Cream and Street Corn (V) Fresh Apple</p>	<p>12 BBQ Chicken w/ Brown Rice &amp; Baked Beans <b>or</b> Chickpea Marinara Pasta (V) Fresh Pear</p>	<p>13 Buffalo Chicken Melt Flatbread Celery Sticks w/ Ranch Dressing <b>or</b> Cheese Raviolis w/ Green Beans (V) Fresh Apple</p>	<p>14 Turkey Fajita w/ Brown Rice &amp; Carrots <b>or</b> Stuffed Bread Sticks w/ Marinara Sauce &amp; 100% Vegetable Juice (V) Fresh Banana</p>	<p>15 Chicken Salad Sandwich <b>or</b> Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple</p>
<p>18 BBQ Beef Meatballs w/ Club Roll <b>or</b> Pasta w/ Tomato Sauce &amp; Mozzarella Cheese (V) Broccoli Fresh Apple</p>	<p>19 Chicken Tenders w/ Ketchup &amp; Roasted Potatoes <b>or</b> Protein Pasta Alfredo w/ Peas (V) Fresh Pear</p>	<p>20 Turkey Hot Dog w/ Ketchup &amp; Baked Beans <b>or</b> Spanish Rice w/ Beans &amp; Cheese (V) Fresh Apple</p>	<p>21 Chicken Caesar Salad w/ Pita Bread <b>or</b> Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana</p>	<p>22 Chicken Breast Sandwich w/ Mayo <b>or</b> French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple</p>
<p>25 Beef Cheeseburger w/ Ketchup <b>or</b> Egg &amp; Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple</p>	<p>26 <b>NEW!</b> Turkey Salsa Bowl w/ Ranchero Rice &amp; Pinto Beans <b>or</b> Spanish Rice w/ Beans &amp; Cheese (V) Fresh Pear</p>	<p>27 Spaghetti &amp; Beef Meatballs in Tomato Sauce w/ Broccoli <b>or</b> Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V) Fresh Apple</p>	<p>28 Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing <b>or</b> Cobb Salad w/ Pita Bread (V) Fresh Banana</p>	<p>29 Turkey &amp; Cheese Sandwich w/ Mayonnaise <b>or</b> Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple</p>

### DID YOU KNOW...

- ✓ All grain products are wholegrain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

**Lunch Milk Choices**  
1% Unflavored Milk  
Skim Unflavored Milk

### Please Note

Locally Grown Component Served Daily

Menu is subject to change  
Vegetarian Meal Options are indicated with a "V"



This institution is an equal opportunity provider.