

# March K-8 Lunch Menu

**Lunch Items Offered Daily**  
A variety of condiments & dressings, skim milk, 1% milk offered daily

This institution is an equal opportunity provider.

Monday Mar 2	Tuesday Mar 3	Wednesday Mar 4	Thursday Mar 5	Friday Mar 6
<b>Burgers &amp; Grilled Cheese</b> Entrée: hamburger or cheeseburger Vegetarian Entrée: grilled cheese <sup>v</sup> Hot Vegetable: crinkle-cut sweet potatoes Sides: pickles, honey mustard Fresh fruit & vegetable bar	<b>BBQ Chicken or Tofu Plate</b> Proteins: bbq chicken strips, marinated tofu <sup>v</sup> Grains: brown rice Hot Vegetable: roasted broccoli, roasted corn Cold Vegetable: chickpeas Fresh fruit & vegetable bar	<b>Build Your Own Taco Bar</b> Build Your Own Taco Bar with Protein Options of: <b>LOCAL</b> fish in chips, black beans & sofrito <sup>v</sup> , taco seasoned chicken Grain: corn taco shells, brown rice Hot Vegetable: <b>LOCAL</b> roasted squash Sides: salsa, shredded cheddar cheese, rainbow coleslaw Fresh fruit & vegetable bar	<b>Chicken Parmesan &amp; Spaghetti</b> Protein: crispy chicken, shredded mozzarella cheese <sup>v</sup> Grains: spaghetti, garlic bread Hot Vegetable: roasted carrots Sides: marinara sauce, red pepper flakes, dried basil, parmesan cheese Fresh fruit & vegetable bar	<b>Pizza Party</b> Entrée: cheese pizza or garlic pizza <sup>v</sup> Chef's choice of toppings Hot Vegetable: roasted broccoli Fresh fruit & vegetable bar
Mar 9	Mar 10	Mar 11	Mar 12	Mar 13
<b>Build Your Own Teriyaki Noodle Bowl</b> Protein options: teriyaki marinated tofu <sup>v</sup> , teriyaki chicken Grains: lo mein noodles Hot Vegetable: roasted carrots Cold Vegetable: chickpeas Fresh fruit & vegetable bar	<b>Burrito Bar</b> Build Your Own Burrito with Protein Options of: taco seasoned chicken, taco seasoned ground beef Grains: tortilla wrap, rice and beans <sup>v</sup> Hot Vegetable: roasted corn Sides: salsa, shredded cheddar cheese, jalapeños Fresh fruit & vegetable bar	<b>Meatball Subs &amp; Spaghetti with Marinara Sauce</b> Protein options: all beef meatballs, shredded mozzarella cheese <sup>v</sup> Grains: spaghetti and garlic bread or sub roll Hot Vegetable: crinkle-cut sweet potatoes, roasted broccoli Toppings: marinara sauce, red pepper flakes, dried basil, parmesan cheese Fresh fruit & vegetable bar	<b>Hot and Cold Sandwich Variety</b> Entrée: crispy chicken sandwich on a hamburger bun or grilled buffalo chicken wrap Vegetarian Entrée: grilled cheese <sup>v</sup> Hot Vegetable: <b>LOCAL</b> roasted potatoes Sides: pickles, honey mustard Fresh fruit & vegetable bar	<b>Pizza Party</b> Entrée: cheese pizza or garlic pizza <sup>v</sup> Chef's choice of toppings Hot Vegetable: roasted broccoli Fresh fruit & vegetable bar
Mar 16	Mar 17	Mar 18	Mar 19	Mar 20
<b>Burgers &amp; Grilled Cheese</b> Entrée: hamburger or cheeseburger Vegetarian Entrée: grilled cheese <sup>v</sup> Hot Vegetable: crinkle-cut sweet potatoes Sides: pickles, honey mustard Fresh fruit & vegetable bar	<b>Nacho Station</b> Protein options: taco seasoned chicken, black beans & sofrito <sup>v</sup> Grains: brown rice, corn tortilla chips Hot Vegetable: roasted corn Sides: salsa, shredded cheddar cheese, jalapeños Fresh fruit & vegetable bar	<b>Sandwich Melts</b> Entrée: LOCAL baked fish italiano on a hamburger bun Vegetarian Entrée: grilled cheese <sup>v</sup> Hot Vegetable: crinkle-cut sweet potatoes Sides: pickles, honey mustard Fresh fruit & vegetable bar	<b>BBQ Chicken or Tofu Plate</b> Proteins: bbq chicken strips, marinated tofu <sup>v</sup> Grains: brown rice Hot Vegetable: <b>LOCAL</b> turnips Cold Vegetable: chickpeas Fresh fruit & vegetable bar	<b>Pizza Party</b> Entrée: cheese pizza or garlic pizza <sup>v</sup> Chef's choice of toppings Hot Vegetable: roasted broccoli Fresh fruit & vegetable bar
Mar 23	Mar 24	Mar 25	Mar 26	Mar 27
<b>Sandwich Variety</b> Entrée: banh mi or grilled chicken wrap Vegetarian Entrée: grilled cheese <sup>v</sup> Hot Vegetable: <b>LOCAL</b> roasted potatoes Sides: coleslaw, spicy mayo, honey mustard, pickles Fresh fruit & vegetable bar	<b>Build Your Own Teriyaki Rice Bowl</b> Protein options: teriyaki marinated tofu <sup>v</sup> , teriyaki chicken Grains: brown rice Hot Vegetable: roasted carrots Cold Vegetable: chickpeas Fresh fruit & vegetable bar	<b>Spaghetti &amp; Meatballs</b> Protein: meatballs, shredded mozzarella cheese <sup>v</sup> Grains: spaghetti, garlic bread Hot Vegetable: roasted broccoli, roasted carrots Sides: marinara sauce, red pepper flakes, dried basil, parmesan cheese Fresh fruit & vegetable bar	<b>Build Your Own Taco Bar</b> Build Your Own Taco Bar with Protein Options of: taco seasoned ground beef, black beans & sofrito <sup>v</sup> , taco seasoned chicken Grain: corn taco shells, brown rice Hot Vegetable: roasted corn Sides: salsa, shredded cheddar cheese, rainbow coleslaw Fresh fruit & vegetable bar	<b>Pizza Party</b> Entrée: cheese pizza or garlic pizza <sup>v</sup> Chef's choice of toppings Hot Vegetable: roasted cauliflower Fresh fruit & vegetable bar
Mar 30	Mar 31			
<b>Build Your Own Teriyaki Noodle Bowl</b> Protein options: teriyaki marinated tofu <sup>v</sup> , teriyaki chicken Grains: lo mein noodles Hot Vegetable: roasted carrots Cold Vegetable: chickpeas Fresh fruit & vegetable bar	<b>BBQ Chicken Drumstick with Macaroni and Cheese</b> Entrée: bbq chicken drumstick, homemade macaroni and cheese Hot Vegetable: <b>LOCAL</b> roasted squash Fresh fruit & vegetable bar			