

**Monday**

03/04/2024

Turkey Hot Dog**
on a WG Bun
Veggie Hot Dog**
Roasted Sweet Potatoes
Fresh Pears
Ketchup (ss)
Choice of Milk

Tuesday

03/05/2024

Roasted Chicken
Baked Chickenless (V/VG)
Middle Eastern Brown
Rice w/Lentils (V/VG)
Apples
Choice of Milk

Wednesday

03/06/2024

Chicken Caesar WW Wrap
Chicken Meatless
Caesar WW Wrap (V)
Vanilla Squash (V)
Grape Juice
Choice of Milk

Thursday

03/07/2024

One Pot Chicken Fajita
Pasta w/Rd. & Gr. Pepper
Chicken Meatless
Fajita WG Pasta(V/VG)
Fresh Tangerines
Choice of Milk

Friday

03/08/2024

Golden Crispy Chicken Tenders
Breaded Veggie Tender-VG
Garlic Roasted Potatoes
Ketchup (ss)
Bananas
Choice of Milk

03/11/2024

Turkey Latin
Br. Rice & Bl. Beans
Veggie Latin Rice
& Bl. Beans (V/VG)
Apples
Choice of Milk

03/12/2024

Creamy Baked Chicken
WG Penne Pasta
Baked Chicken Meatless
WG Pasta (V/VG)
Roasted Cauliflower
Fresh Pears
Choice of Milk

03/13/2024

Crunchy Chicken WG Wrap
w/Bufalo & Ranch Dress.
Veggie Chicken WG Wrap
w/Bufalo & Ranch Dress.
Roasted Broccoli
w/Garlic & Parmesan
Orange Juice
Choice of Milk

03/14/2024

Turkey Meatballs
WG Sub. w/Cheese
Veggie Meatballs
WG Submarine (V/VG)
Green Beans & Corn Medley
Fresh Tangerines
Choice of Milk

03/15/2024

NO SCHOOL TODAY

03/18/2024

WW Chicken Fajitas
w/ Red Peppers
WW Chicken Meatless
Fajita w/Rd. Pepper(V/VG)
Sour Cream (ss)
Apples
Choice of Milk

03/19/2024

One-Pan Turkey Taco
WG Macaroni & Cheese
One-Pan Veggie Taco
WG Macaroni & Cheese(V)
Broccoli Florets
Fruit Punch Juice
Choice of Milk

03/20/2024

Breaded Chicken Nuggets
Veggie Chicken Nugget(VG)
BBQ Sauce (ss)
Roasted Sweet Potatoes
Bananas
Choice of Milk

03/21/2024

Black Beans & Rice
WW Burrito w/Cheese (V)
Fresh Pears
Choice of Milk

03/22/2024

Beef Burger & WG Bun
Vegan Burger (V/VG)
Green Beans & Corn Medley
Ketchup (ss)
Fresh Oranges
Choice of Milk

03/25/2024

Fiesta Brown Rice Chicken
w/ Corn, G. Peas & Carrot
Br. Rice Chicken Meatless
Corn,G. Peas &Carrot(V/VG)
Fresh Pears
Choice of Milk

03/26/2024

Chipotle BBQ Pulled
Chicken WG Slider
Chipotle BBQ Meatless
WG Slider (V/VG)
Sweet Creamy Coleslaw
Fresh Tangerines
Choice of Milk

03/27/2024

Cranberry Turkey Chili
over Brown Rice
Cranberry Plant Based
Chili & Brown Rice (V/VG)
Apples
Choice of Milk

03/28/2024

Chicken & Tk. Bacon WG
Pasta w/Tomato & Spinach
Chicken Meatless WG Pasta
w/Tomato & Spinach(V)
Bananas
Choice of Milk

03/29/2024

NO SCHOOL TODAY

Available Choice of Milk: Unflavored 1% milk, unflavored skim milk, Lactose Free or Soy (Upon Request)

Locally Grown Components Daily Served: According to the season fruits and vegetables locally grown will be added on
Breakfast and/or Lunch menu: Apples (MD/PA/VA), Carrots (MD, PA), Sweet Potatoes (NC), Collards Green (NC),
Cauliflower (PA), Broccoli (VA/PA/ NC), Lettuce (NY), Spinach (VA), Arugula (NY/VA), Squash (PA/MD), Onions (MD),
Potatoes (PA/VA), Cabbage (NC,PA/VA)

Dairy - Free (DF), Gluten Free (GF), Vegan (VG), Vegetarian (V) options available daily upon request.

WG = Whole Grain WW = Whole Wheat **=Served only for K to 8 meals