


# K-8 Lunch

## March 2022




Monday	Tuesday	Wednesday	Thursday	Friday
<b>28</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Chicken & Waffles w/ Syrup  Triple Cheese Roll Up (V)  Tater Tots Baby Carrots  Apple Pear	Turkey Taco Seasoned or Pinto Charro Bean Nachos (V)  Turkey & Cheese Sandwich  Roasted Onions & Peppers Black Bean Salad  Orange Banana	Asian Spiced Drumstick w/ Lo Mein Noodles  Vegetarian Soba Noodle Bowl  Seasoned Mixed Vegetables Cucumber Slices  Orange Craisins Apple Slices	Curry Lentils (V) w/ Brown Rice  Cheese Stick (V) w/ Marinara  Yogurt w/ String Cheese & Crackers  Seasoned Broccoli Sweet Corn  Strawberry Applesauce Banana	French Bread Cheese Pizza (V)  Chicken-Ham & Cheese Sub  Fresh Broccoli Baby Carrots  Orange Watermelon Craisins

### March is Women's History Month!

<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Hamburger  Toasted Grilled Cheese (V)  Sweet Potato Fries Cucumber Slices  Orange Pear	Enchilada Seasoned Turkey Crumble or Pinto Beans (V) over Chipotle Rice w/ Salsa  Chicken-Ham, Turkey & Cheese Sub  Black Bean Salsa Sweet Corn  Watermelon Craisins Apple	 Robust Marinara Chicken Meatballs & Spaghetti  Three Cheese Sub (V)  Italian Blend Green Beans Baby Carrots  Orange Pear	Black Bean Chili (V) w/ Breadstick  Toasted Cheese Quesadilla (V)  Bean Dip w/ Celery Sticks & Crackers  Fresh Broccoli Celery Sticks  Apple Slices Banana	Cheese PizzaBoli (V)  Chipotle Turkey & Cheese Wrap  Tater Tots Baby Carrots  Orange Craisins Strawberry Applesauce

### Try the Robust Marinara Chicken Meatballs & Spaghetti on National Meatball Day - 3/9!

All chicken served is **No Antibiotic Ever**.  
 Our menus are **pork-free**.  
**Plant-forward or meatless** entrees are identified by (V).  
**Local** produce grown within 350 miles is identified by (L).  
 Menus containing **fish** are identified with   
 All grain/bread items served are **Whole Grain Rich**.  
 Our **milk** options include 1% and fat-free.  
 PBJ or SunButter & Jelly served daily.  
*Thank you for dining with us!*

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<b>14</b> Baked Mac & Cheese (V) w/ Breadstick Turkey & Cheddar Sub w/ Chipotle Mayo Fresh Broccoli Celery Sticks Orange Pear	<b>15</b> Beef & Cheese Taco or Lentil Taco (V) w/ Lime Crema Chicken-Ham & Cheese Sandwich Baby Carrots Black Bean Salad Watermelon Craisins Apple	<b>16</b> BBQ Drumstick w/ Biscuit Egg Chef Salad (V) w/ Breadstick Seasoned Mixed Vegetables Fresh Broccoli Strawberry Applesauce Orange	<b>17</b>  Vegetarian Shepherd's Pie w/ Breadstick  Toasted Grilled Cheese (V) Chickpea Salad w/ Celery Sticks & Crackers Cheesy Mashed Potatoes Celery Sticks Apple Slices Banana	<b>18</b> Chicken Marinara Meatball Sub Triple Cheese Roll Up (V) Kale Salad Baby Carrots Blueberries Orange

Try the Vegetarian Shepherd's Pie on 3/17 for our Shamrock Serve!

<b>21</b> Chicken Patty Sandwich or Spicy Black Bean Burger (V) Turkey & Cheese Cracker Kit Sweet Potato Fries Cucumber Slices Orange Pear	<b>22</b> Beef or Bean (V) Quesadilla w/ Salsa Chicken-Ham & Cheese Sandwich Black Bean Salsa Sweet Corn Watermelon Craisins Apple	<b>23</b> Lemon-Pepper Drumstick w/ Herbed Quinoa Rice Three Cheese Sub (V) Fresh Broccoli Cucumber Slices Strawberry Applesauce Pear	<b>24</b> Vegetarian Minestrone Soup w/ Half Grilled Cheese <b>Women's History Month Recipe</b> Chef Kathleen's Spring Veggie Pasta Salad Celery Sticks Baby Carrots Orange Craisins Banana	<b>25</b>  Crispy Fish Rice Bowl w/ Cilantro-Lime Slaw French Bread Cheese Pizza (V) Fresh Broccoli Citrus Slaw Apple Slices Orange
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Celebrating our very own Chef Kathleen with her Spring Veggie Pasta Salad, featured on 3/24!

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 <b>GAME ON!</b> <b>28</b> Popcorn Chicken w/ Spicy BBQ Mayo and Smoky Chipotle Ranch Dipping Sauces & Breadstick Triple Cheese Roll Up (V) Tater Tots Fresh Broccoli Orange Pear	<b>Women's History                      Month Recipe</b> <b>29</b> Chef Morgan's Southwest Taco Soup w/ Tortilla Chips Smashed Chickpea Salad Sub Black Bean Salad Baby Carrots Apple Blueberries	<b>30</b> Asian Ground Turkey w/ Lo Mein Noodles Toasted Grilled Cheese (V) Garlic Green Beans Edamame Raspberry - Lemonade Craisins Pear	<b>31</b> Black Bean Chili (V) w/ Breadstick Toasted Cheese Quesadilla (V) Bean Dip w/ Celery Sticks & Crackers Sweet Corn Celery Sticks Strawberry - Lemonade Sorbet Apple	<b>1</b> French Bread Cheese Pizza (V) Chicken Salad Sandwich Seasoned Broccoli Baby Carrots Raspberry - Lemonade Craisins Pear

It's tournament time! Get your "Game On" with Buffalo Popcorn Chicken on 3/28!

Celebrating our very own Executive Chef Morgan with her Southwest Taco Soup on 3/29!

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