



March Lunch

NO FRIED FOODS!!

Monday, March 4, 2024	Tuesday, March 5, 2024	Wednesday, March 6, 2024	Thursday, March 7, 2024	Friday, March 8, 2024
Meatball Slider Dinner Roll Sliced Carrots Honey Dew <u>V, Vegan, DF, EF: Tofu Slider</u> <u>GF: Tofu Slider w/GF Bread</u>	Mega Mac & Cheese - <u>V, EF</u> Pasta Peas and Carrots Bananas <u>GF: GF Pasta w/ GF Sauce</u> <u>Vegan, DF: Cheesy Vegan</u> <u>Pasta</u>	Cheesy Chicken Broccoli - <u>EF, GF</u> Whole Grain Brown Rice Broccoli Pineapple <u>DF: DF Chicken Broccoli Casserole</u> <u>V, Vegan: Tofu Broccoli Casserole</u>	Turkey Meatloaf - <u>EF, GF</u> Wheat Bread Green Beans Cantaloupe <u>V, Vegan, DF - Veggie Patty</u> <u>GF: Gluten Free Bread</u>	Pizza Day - <u>V, EF</u> Flour Pizza Crust Cucumbers Fruit Salad <u>DF: Pizza w/Turkey Pepperoni</u> <u>GF: Gluten Free Pizza w/ Cheese</u> <u>Vegan: Pizza w/ Vegan Cheese</u>
Monday, March 11, 2024	Tuesday, March 12, 2024	Wednesday, March 13, 2024	Thursday, March 14, 2024	Friday, March 15, 2024
Swedish Meatballs Wheat Bread Sliced Carrots Honey Dew <u>V, Vegan, DF, EF, GF:</u> <u>Veggie Meatballs</u> <u>GF: Gluten Free Bread</u>	Red Pepper Turkey - <u>EF, GF</u> Whole Grain Brown Rice Peas and Carrots Bananas <u>V, Vegan: Tofu w/ DF Sauce</u> <u>DF: Turkey w/ DF Sauce</u>	BBQ Chicken Quinoa - <u>DF, EF</u> Dinner Roll Cauliflower Watermelon <u>V, Vegan: BBQ Tofu</u> <u>GF: Gluten Free Bread</u>	HOK Hearty Turkey Chili - <u>DF, EF</u> French Bread Carrots, Peppers, Onions Cantaloupe <u>V, Vegan: Three Bean Chili</u> <u>GF: Gluten Free Bread</u>	Cheesy Italian Pasta <u>V, EF</u> Cucumbers Fruit Salad <u>Vegan, DF: Pasta Marinara &</u> <u>Vegan Cheese</u> <u>GF: Entrée w/ GF Pasta</u>
Monday, March 18, 2024	Tuesday, March 19, 2024	Wednesday, March 20, 2024	Thursday, March 21, 2024	Friday, March 22, 2024
Pasta Alfredo - <u>V, EF</u> Pasta Green Beans Cantaloupe <u>DF, Vegan: Pasta Marinara w/</u> <u>Vegan Cheese</u> <u>GF: GF Pasta Alfredo</u>	Taco Tuesday! - <u>EF</u> Flour Tortillas Lettuce, Salsa Bananas <u>V, Vegan: Veggie & Bean Taco</u> <u>GF: Corn Tortilla</u>	Spaghetti w/ Meat Sauce - <u>DF, EF</u> Spaghetti Cauliflower Pineapple <u>V: Cheesy Italian Pasta</u> <u>Vegan: Pasta Marinara Vegan Cheese</u> <u>GF: Entrée w/ GF Pasta</u>	Brunch Time! Turkey Sausage Patties French Toast and Strawberry Compote Potato Hash Brown Honey Dew <u>V, Vegan - Black Bean Breakfast Patty</u> <u>Vegan, DF, GF: GF Vegan Pancakes</u>	Pizza Day - <u>V, EF</u> Flour Pizza Crust Cucumbers Fruit Salad <u>DF: Pizza w/Turkey Pepperoni</u> <u>GF: Gluten Free Pizza w/ Cheese</u> <u>Vegan: Pizza w/ Vegan Cheese</u>
Monday, March 25, 2024	Tuesday, March 26, 2024	Wednesday, March 27, 2024	Thursday, March 28, 2024	Friday, March 29, 2024
Mama's Bolognese - <u>DF, EF</u> Peas and Carrots Honey Dew <u>V, Vegan: Pasta w/</u> <u>Vegetable Ragu</u> <u>GF: Entrée w/ GF Pasta</u>	Turkey Gyros - <u>EF</u> Pita Bread (Tzatziki on the side) Sliced Carrots Bananas <u>V, Vegan: Chickpea and Veggie Gyros</u> <u>GF: Corn Tortilla</u>	Pasta Fagioli - <u>V, Vegan, DF, EF</u> (Cheese on the Side) Cauliflower Watermelon <u>GF: Entrée w/ GF Pasta</u>	Turkey Lentil Sloppy Joes - <u>DF, EF</u> Dinner Roll Broccoli Cantaloupe <u>V, Vegan: Lentil & Bean Sloppy Joe</u> <u>GF: Gluten Free Bread</u>	Chicken Pot Pie - <u>EF</u> Biscuit Peas and Carrots Fruit Salad <u>V, Vegan: Tofu Veggie Bowl</u> <u>DF, GF: Chicken Veggie Bowl</u>