# March Breakfast Menu

**What do the colors on the menu mean?**
- **Green** = locally-sourced
- **Blue** = international
- **Orange** = Fresh Feature
- Friday Winner!

**Student’s choice of skim or 1% milk provided at every meal.**

This institution is an equal opportunity provider.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>parfait day</td>
<td>family &amp; teacher</td>
<td>hear the crunch</td>
<td>whole grain banana muffin</td>
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<tr>
<td></td>
<td>vanilla yogurt</td>
<td>breakfast day</td>
<td>turkey sausage patty on a whole</td>
<td>fresh cantaloupe wedge</td>
</tr>
<tr>
<td></td>
<td>whole grain granola</td>
<td>whole grain french</td>
<td>grain biscuit with honey</td>
<td></td>
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<tr>
<td></td>
<td>strawberries</td>
<td>toast with all</td>
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<tr>
<td></td>
<td>100% grape juice</td>
<td>natural syrup</td>
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</tr>
<tr>
<td>9</td>
<td>strawberry yogurt</td>
<td>whole grain waffles</td>
<td>turkey sausage patty</td>
<td>whole grain frosted mini wheats</td>
</tr>
<tr>
<td></td>
<td>whole grain blueberry</td>
<td>with all natural</td>
<td>links</td>
<td>cereal</td>
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<tr>
<td></td>
<td>pomegranate oatmeal bar</td>
<td>syrup</td>
<td></td>
<td>whole wheat graham crackers</td>
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<td></td>
<td>fresh apple slices</td>
<td>turkey sausage links</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>whole grain apple</td>
<td>fresh orange</td>
<td>fresh orange slices</td>
<td>whole grain cheerios</td>
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<td></td>
<td>cinnamon muffin</td>
<td>wedges</td>
<td></td>
<td>cereal</td>
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<td>11</td>
<td>whole grain strawberry</td>
<td>fresh apple</td>
<td></td>
<td>whole wheat graham crackers</td>
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<td>oatmeal bar</td>
<td>slices</td>
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<td>12</td>
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<td>fresh orange</td>
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<td>fresh cantaloupe wedge</td>
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<td>turkey sausage links</td>
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<td>brown sugar oatmeal</td>
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<td>15</td>
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<td>raspberry yogurt</td>
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<td>whole grain strawberry</td>
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<td>oatmeal bar</td>
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<td>17</td>
<td>whole grain pineapple</td>
<td>fresh orange</td>
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<td>fresh cantaloupe wedge</td>
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<td>carrot bread</td>
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<td>18</td>
<td>turkey sausage patty</td>
<td>fresh orange</td>
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<td>on a whole grain</td>
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<td>biscuit</td>
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<td>fresh orange</td>
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<td>fresh cantaloupe wedge</td>
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<td>turkey sausage links</td>
<td>wedges</td>
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</table>

**NATIONAL SCHOOL BREAKFAST WEEK IS MARCH 2-6!**

Students who eat school breakfast are more likely to:
- Get better grades
- Have better memory and concentration
- Be physically fit
# March Breakfast Menu

**EARLY CHILDHOOD**

<table>
<thead>
<tr>
<th>MONDAY</th>
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<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 parfait day</td>
<td>3 family &amp; teacher breakfast day</td>
<td>4 scrambled eggs</td>
<td>5 hear the crunch</td>
<td>6 whole grain banana muffin</td>
</tr>
<tr>
<td>• vanilla yogurt</td>
<td>• whole grain french toast with all natural syrup</td>
<td>• turkey bacon</td>
<td>• turkey sausage patty on a whole grain biscuit with honey</td>
<td>• fresh apple slices</td>
</tr>
<tr>
<td>• strawberries</td>
<td>• chilled pears</td>
<td>• whole wheat toast with butter and strawberry jelly</td>
<td>• fresh orange wedges</td>
<td>• fresh cantaloupe wedge</td>
</tr>
</tbody>
</table>

**What do the colors on the menu mean?**

- **GREEN** = locally-sourced
- **BLUE** = international
- **ORANGE** = Fresh Feature Friday Winner!

**Student’s choice of skim or 1% milk provided at every meal.**

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**NATIONAL SCHOOL BREAKFAST WEEK IS MARCH 2-6!**

Students who eat school breakfast are more likely to:

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- Have better memory and concentration
- Be physically fit

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**Breakfast Out of This World!**

- Students who eat school breakfast are more likely to:
  - Get better grades
  - Have better memory and concentration
  - Be physically fit
March Lunch Menu
EARLY CHILDHOOD

**What do the colors on the menu mean?**
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**It's National Nutrition Month!**

Celebrate National Nutrition Month at your school!
- Come on time to school so you can eat breakfast!
- Eat your fruits and vegetables at lunch!
- Drink water every day!
- Try two new vegetables this month!

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<td>2</td>
<td>3</td>
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<td>6</td>
</tr>
</tbody>
</table>
| - turkey & cheddar on a whole wheat bun  
  - carrot coins with house ranch dressing  
  - chilled pears  
| - taco tuesday 
  - beef soft tacos with cheese in a whole wheat tortilla 
  - tomato salsa 
  - fresh orange wedges  
| - diced crispy chicken tenders  
  - whole grain waffles with all natural syrup  
  - steamed corn  
  - fresh banana  
| - whole wheat mac & cheese  
  - steamed broccoli  
  - fresh cantaloupe wedge  
| - roasted turkey with brown gravy  
  - whole grain cornbread muffin  
  - mashed potatoes  
  - fresh apple slices  

<table>
<thead>
<tr>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
<th>11</th>
</tr>
</thead>
</table>
|        |         | - whole grain italian turkey sausage & cheese pizza  
  - side caesar salad with parmesan cream dressing  
  - chilled pears  
| - cheese quesadilla in a whole wheat tortilla 
  - tomato salsa  
  - fresh orange wedges  
| - chicken alfredo over whole wheat pasta  
  - steamed broccoli  
  - fresh banana  
| - beef shepherd's pie with mashed potatoes  
  - whole grain cornbread muffin  
  - fresh cantaloupe wedge  
| - diced crispy chicken tenders  
  - whole wheat roll  
  - carrot coins with house ranch dressing  
  - fresh apple slices  

<table>
<thead>
<tr>
<th>12</th>
<th>13</th>
<th>14</th>
<th>15</th>
<th>16</th>
</tr>
</thead>
</table>
|        |          | - diced curried chicken 
  - brown rice  
  - steamed carrots  
  - fresh orange wedges  
| - hamburger or cheeseburger on a whole wheat bun  
  - ketchup & mustard  
  - bbq baked beans  
  - fresh banana  
| - brunch for lunch 
  - whole grain waffles with all natural syrup  
  - sliced turkey sausage links  
  - hash brown potatoes  
  - fresh cantaloupe wedge  
| - professional development day no school  
| - sliced all beef hot dog on a whole wheat bun  
  - ketchup & mustard  
  - steamed corn  
  - chilled pears  

<table>
<thead>
<tr>
<th>19</th>
<th>20</th>
<th>21</th>
<th>22</th>
<th>23</th>
</tr>
</thead>
</table>
|        |          | - teriyaki chicken 
  - brown rice  
  - asian broccoli  
  - fresh orange wedges  
| - crispy fish sandwich on a whole wheat bun with hot sauce  
  - sautéed green beans  
  - fresh banana  
| - diced bbq chicken  
  - whole grain cornbread muffin  
  - sweet potato fries  
  - fresh cantaloupe wedge  
|        |          | - halved turkey meatballs & sauce over whole wheat rotini pasta  
  - side caesar salad with parmesan cream dressing  
  - fresh apple slices  

<table>
<thead>
<tr>
<th>26</th>
<th>27</th>
<th>28</th>
<th>29</th>
<th>30</th>
</tr>
</thead>
</table>
|        |          | - taco tuesday 
  - beef soft tacos with cheese in a whole wheat tortilla 
  - tomato salsa  
  - fresh orange wedges  
| - 31    |          |          |          |          |
## March Lunch Menu

**Elementary & Middle School**

### National Nutrition Month!

- Come on time to school so you can eat breakfast!
- Eat your fruits and vegetables at lunch!
- Drink water every day!
- Try two new vegetables this month!

### What do the colors on the menu mean?
- **GREEN** = locally-sourced
- **BLUE** = international
- **ORANGE** = Fresh Feature Friday Winner!

### Student's choice of skim or 1% plain milk provided at every meal.

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### It's National Nutrition Month!

Celebrate National Nutrition Month at your school!

- **MONDAY**
  - turkey & cheddar on a whole wheat bun
  - baby carrots & cucumber coins with house ranch dressing
  - **fresh pear**

- **TUESDAY**
  - **taco tuesday**
    - beef soft tacos with cheese in a whole wheat tortilla
    - chili black beans
    - tomato salsa
    - **fresh orange wedges**

- **WEDNESDAY**
  - oven fried chicken drum
    - whole grain waffles with all natural syrup
    - braised collard greens
    - **steamed corn**
    - **fresh banana**

- **THURSDAY**
  - whole wheat mac & cheese
    - steamed broccoli
    - cinnamon roasted butternut squash
    - **fresh cantaloupe wedge**

- **FRIDAY**
  - roasted turkey with brown gravy
  - whole grain cornbread muffin
  - mashed potatoes
  - sautéed green beans
  - fresh apple slices

### March Lunch Menu

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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</thead>
<tbody>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>turkey &amp; cheddar on a whole wheat bun</td>
<td>beef soft tacos with cheese in a whole wheat tortilla</td>
<td>oven fried chicken drum</td>
<td>whole wheat mac &amp; cheese</td>
<td>roasted turkey with brown gravy</td>
</tr>
<tr>
<td>baby carrots &amp; cucumber coins with house ranch dressing</td>
<td>chili black beans</td>
<td>whole grain waffles with all natural syrup</td>
<td>steamed broccoli</td>
<td>whole wheat roll</td>
</tr>
<tr>
<td><strong>fresh pear</strong></td>
<td>tomato salsa</td>
<td>braised collard greens</td>
<td><strong>fresh banana</strong></td>
<td>baby carrots &amp; celery sticks with house ranch dressing</td>
</tr>
</tbody>
</table>

### Serving Award-Winning Food That Kids Love.

- [WWW.DCCENTRALKITCHEN.ORG](http://WWW.DCCENTRALKITCHEN.ORG)

### Follow Us on Social Media!

- [Twitter](#)
- [Facebook](#)
- [Instagram](#)
# March Vegetarian Lunch Menu

**Elementary & Middle School**

*It’s National Nutrition Month!*

Celebrate National Nutrition Month at your school!
- **Come on time** to school so you can eat breakfast!
- **Eat your fruits and vegetables at lunch!**
- **Drink water** every day!
- **Try two** new vegetables this month!

## Colors on the Menu
- **Green** = locally-sourced
- **Blue** = international
- **Orange** = Fresh Feature

**Student’s choice** of skim or 1% plain milk provided at every meal.

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<td><strong>5</strong></td>
<td><strong>6</strong></td>
</tr>
<tr>
<td>grilled cheese on whole wheat bread</td>
<td>sofritas tofu tacos in a whole wheat tortilla</td>
<td>veggie chick’n nuggets</td>
<td>powered up pasta with chickpeas</td>
<td>veg out chili</td>
</tr>
<tr>
<td>baby carrots &amp; cucumber coins with house ranch dressing</td>
<td>chili black beans</td>
<td>whole grain waffles with all natural syrup</td>
<td>steamed broccoli</td>
<td>whole grain cornbread muffin</td>
</tr>
<tr>
<td>fresh pear</td>
<td>tomato salsa</td>
<td>braised collard greens</td>
<td>cinnamon roasted butternut squash</td>
<td>mashed potatoes</td>
</tr>
<tr>
<td></td>
<td>fresh orange wedges</td>
<td>steamed corn</td>
<td>fresh cantaloupe wedge</td>
<td>sautéed green beans</td>
</tr>
<tr>
<td></td>
<td></td>
<td>fresh banana</td>
<td></td>
<td>fresh apple slices</td>
</tr>
</tbody>
</table>

| **9**        | **10**        | **11**        | **12**         | **13**        |
| whole grain cheese pizza | sofritas tofu with cilantro-lime brown rice | whole wheat mac & cheese | lentil shepherd’s pie | veggie chick’n nuggets |
| side caesar salad with parmesan cream dressing | chili black beans | steamed broccoli | whole grain cornbread muffin | whole wheat roll |
| romaine salad with diced tomatoes & honey lime dressing | tomato salsa | sweet potato fries | buttered green peas | baby carrots & celery sticks with house ranch dressing |
| fresh pear   | fresh orange wedges | fresh banana  | fresh cantaloupe wedge | fresh apple slices |

| **16**       | **17**        | **18**        | **19**         | **20**        |
| veg out chili | curried chickpeas | veggie burger on a whole wheat bun | brunch for lunch | professional development day |
| whole grain tortilla chips | brown rice | whole grain waffles with all natural syrup | whole grain waffles with all natural syrup | no school |
| side caesar salad with fresh apple slices | steamed carrots | ketchup & mustard sausage | veggie breakfast | ***|
| fresh pear   | southern cabbage | bbq baked beans | hash brown potatoes with peppers & onions | ***|
|              | braised green beans | savory sautéed kale | fresh cantaloupe wedge | ***|
|              | fresh orange wedges | fresh banana  |                | ***|

| **23**       | **24**        | **25**        | **26**         | **27**        |
| veggie burger on a whole wheat bun | super sesame tofu | grilled cheese on whole wheat bread with hot sauce | veggie chick’n nuggets | tofu bolognese over whole wheat rotini pasta |
| ketchup & mustard | brown rice | with whole wheat bread | whole grain cornbread muffin | side caesar salad with parmesan cream dressing |
| bbq baked beans | asain broccoli | with hot sauce | buttered green peas | roasted cauliflower |
| steamed corn   | glazed carrots | sautéed green beans | sweet potato fries | fresh apple slices |
| fresh pear    | fresh orange wedges | parmesan butternut squash | fresh cantaloupe wedge | fresh apple slices |

| **30**       | **31**        |               |               |               |
| grilled cheese on whole wheat bread | taco tuesday |               |               |               |
| baby carrots & cucumber coins with house ranch dressing | sofritas tofu tacos in a whole wheat tortilla |               |               |               |
| fresh pear   | chili black beans |               |               |               |
|              | tomato salsa  |               |               |               |
|              | fresh orange wedges |               |               |               |

**Additional Note:**

- March Vegetarian Lunch Menu
- **WWW.DCCENTRALKITCHEN.ORG**
- **FOLLOW US ON SOCIAL MEDIA!**
### March Lunch Menu

**HIGH SCHOOL**

#### MONDAY
- 2 • turkey & cheddar on a whole wheat bun
- 3 • baby carrots & cucumber coins with house ranch dressing
- 4 • fresh pear

#### TUESDAY
- 3 • taco Tuesday
  - beef soft tacos with cheese in a whole wheat tortilla
  - whole grain tortilla chips
  - chili black beans
  - tomato salsa
  - fresh orange wedges

#### WEDNESDAY
- 4 • oven fried chicken drum
  - whole grain waffles with all natural syrup
  - braised collard greens
  - steamed corn
  - fresh banana
  - 100% grape juice

#### THURSDAY
- 5 • whole wheat mac & cheese
  - steamed broccoli
  - cinnamon roasted butternut squash
  - fresh cantaloupe wedge

#### FRIDAY
- 6 • roasted turkey with brown gravy
  - whole grain cornbread muffin
  - mashed potatoes
  - sautéed green beans
  - fresh apple

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- **ORANGE** = Fresh Feature Friday Winner!

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### Student’s choice
- What do the colors on the menu mean?
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### March Vegetarian Lunch Menu

**High School**

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- **BLUE** = international
- **ORANGE** = Fresh Feature Friday Winner!

**Student's choice of skim or 1% plain milk provided at every meal.**

---

**MONDAY**

- **2**
  - grilled cheese on whole wheat bread
  - baby carrots & cucumber coins with house ranch dressing
  - fresh pear

**TUESDAY**

- **3**
  - taco tuesday
  - sofritas tofu tacos in a whole wheat tortilla
  - whole grain tortilla chips
  - chili black beans
  - tomato salsa
  - fresh orange wedges

**WEDNESDAY**

- **4**
  - veggie chik’n nuggets
  - whole grain waffles with all natural syrup
  - braised collard greens
  - steamed corn
  - fresh banana
  - 100% grape juice

**THURSDAY**

- **5**
  - powered up pasta with chickpeas
  - steamed broccoli
  - cinnamon roasted butternut squash
  - fresh cantaloupe wedge

**FRIDAY**

- **6**
  - veg out chili
  - whole grain cornbread muffin
  - mashed potatoes
  - sautéed green beans
  - fresh apple slices

---

**MONDAY**

- **9**
  - whole grain cheese pizza
  - side caesar salad with parmesan cream dressing
  - buffalo cauliflower
  - fresh pear

**TUESDAY**

- **10**
  - sofritas tofu with cilantro-lime brown rice
  - whole grain tortilla chips
  - chili black beans
  - tomato salsa
  - fresh orange wedges

**WEDNESDAY**

- **11**
  - whole wheat mac & cheese
  - steamed broccoli
  - sweet potato fries
  - fresh banana
  - 100% grape juice

**THURSDAY**

- **12**
  - lentil shepherd’s pie with mashed potatoes
  - whole grain cornbread muffin
  - buttered green peas
  - fresh cantaloupe wedge

**FRIDAY**

- **13**
  - veggie chik’n nuggets
  - whole wheat roll
  - baby carrots & celery sticks with house ranch dressing
  - fresh apple slices

---

**MONDAY**

- **16**
  - veg out chili
  - whole grain tortilla chips
  - romaine salad with diced tomatoes & honey lime dressing
  - fresh pear

**TUESDAY**

- **17**
  - curried chickpeas
  - brown rice
  - steamed carrots
  - southern cabbage
  - fresh orange wedges

**WEDNESDAY**

- **18**
  - veggie burger on a whole wheat bun
  - ketchup & mustard
  - bbq baked beans
  - savory sautéed kale
  - fresh banana
  - 100% grape juice

**THURSDAY**

- **19**
  - brunch for lunch
  - whole grain waffles with all natural syrup
  - veggie breakfast sausage
  - hash brown potatoes with peppers & onions
  - fresh cantaloupe wedge

**FRIDAY**

- **20**
  - professional development day
  - no school

---

**MONDAY**

- **23**
  - veggie burger on a whole wheat bun
  - ketchup & mustard
  - bbq baked beans
  - steamed corn
  - fresh pear

**TUESDAY**

- **24**
  - super sesame tofu
  - brown rice
  - asian broccoli
  - glazed carrots
  - fresh orange wedges

**WEDNESDAY**

- **25**
  - grilled cheese on whole wheat bread
  - with hot sauce
  - sautéed green beans
  - parmesan butternut squash
  - fresh banana
  - 100% grape juice

**THURSDAY**

- **26**
  - veggie chik’n nuggets
  - whole grain cornbread muffin
  - buttered green peas
  - sweet potato fries
  - fresh cantaloupe wedge

**FRIDAY**

- **27**
  - tofu bolognese over whole wheat rotini pasta
  - side caesar salad with parmesan cream dressing
  - roasted cauliflower
  - fresh apple slices

---

**MONDAY**

- **30**
  - grilled cheese on whole wheat bread
  - baby carrots & cucumber coins with house ranch dressing
  - fresh pear

**TUESDAY**

- **31**
  - taco tuesday
  - sofritas tofu tacos in a whole wheat tortilla
  - whole grain tortilla chips
  - chili black beans
  - tomato salsa
  - fresh orange wedges
## March Salad Menu

**Middle & High School**

**What do the colors on the menu mean?**
- **Green** = locally-sourced
- **Blue** = international
- **Orange** = Fresh Feature Friday Winner!

**Student’s choice of skim or 1% milk provided at every meal.**
All salads are served with a whole wheat roll and fresh fruit.

This institution is an equal opportunity provider.

It’s National Nutrition Month!
Salads are a great way to get your veggies in this month. Grab a salad with a whole wheat roll and fruit for a balanced lunch that’s filling and tastes great!

### Monday
- 2 buffalo chicken salad
  - buffalo chicken salad
  - romaine lettuce
  - cucumber coins
  - shredded carrot
  - whole grain croutons
  - house ranch dressing

### Tuesday
- 3 chinese chicken salad
  - chinese chicken
  - edamame
  - romaine lettuce
  - shredded carrots
  - purple cabbage
  - mandarin oranges
  - whole grain croutons
  - asian dressing

### Wednesday
- 4 bbq picnic salad
  - bbq chicken
  - cheddar cheese
  - romaine lettuce
  - corn
  - red onion
  - whole grain croutons
  - honey mustard dressing

### Thursday
- 5 chicken caesar salad
  - grilled chicken
  - parmesan cheese
  - romaine lettuce
  - whole grain croutons
  - parmesan cream dressing

### Friday
- 6 southwest taco salad
  - cumin lime chicken
  - cheddar cheese
  - romaine lettuce
  - corn
  - black beans
  - whole grain corn tortilla chips
  - honey lime dressing

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</tbody>
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### Monday
- 9 buffalo chicken salad
  - buffalo chicken salad
  - romaine lettuce
  - cucumber coins
  - shredded carrot
  - whole grain croutons
  - house ranch dressing

### Tuesday
- 10 chinese chicken salad
  - chinese chicken
  - edamame
  - romaine lettuce
  - shredded carrots
  - purple cabbage
  - mandarin oranges
  - whole grain croutons
  - asian dressing

### Wednesday
- 11 bbq picnic salad
  - bbq chicken
  - cheddar cheese
  - romaine lettuce
  - corn
  - red onion
  - whole grain croutons
  - honey mustard dressing

### Thursday
- 12 chicken caesar salad
  - grilled chicken
  - parmesan cheese
  - romaine lettuce
  - whole grain croutons
  - parmesan cream dressing

### Friday
- 13 southwest taco salad
  - cumin lime chicken
  - cheddar cheese
  - romaine lettuce
  - corn
  - black beans
  - whole grain corn tortilla chips
  - honey lime dressing

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### Monday
- 16 buffalo chicken salad
  - buffalo chicken salad
  - romaine lettuce
  - cucumber coins
  - shredded carrot
  - whole grain croutons
  - house ranch dressing

### Tuesday
- 17 chinese chicken salad
  - chinese chicken
  - edamame
  - romaine lettuce
  - shredded carrots
  - purple cabbage
  - mandarin oranges
  - whole grain croutons
  - asian dressing

### Wednesday
- 18 bbq picnic salad
  - bbq chicken
  - cheddar cheese
  - romaine lettuce
  - corn
  - red onion
  - whole grain croutons
  - honey mustard dressing

### Thursday
- 19 chicken caesar salad
  - grilled chicken
  - parmesan cheese
  - romaine lettuce
  - whole grain croutons
  - parmesan cream dressing

### Friday
- 20 professional development day
  - no school

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### Monday
- 23 buffalo chicken salad
  - buffalo chicken salad
  - romaine lettuce
  - cucumber coins
  - shredded carrot
  - whole grain croutons
  - house ranch dressing

### Tuesday
- 24 chinese chicken salad
  - chinese chicken
  - edamame
  - romaine lettuce
  - shredded carrots
  - purple cabbage
  - mandarin oranges
  - whole grain croutons
  - asian dressing

### Wednesday
- 25 bbq picnic salad
  - bbq chicken
  - cheddar cheese
  - romaine lettuce
  - corn
  - red onion
  - whole grain croutons
  - honey mustard dressing

### Thursday
- 26 chicken caesar salad
  - grilled chicken
  - parmesan cheese
  - romaine lettuce
  - whole grain croutons
  - parmesan cream dressing

### Friday
- 27 southwest taco salad
  - cumin lime chicken
  - cheddar cheese
  - romaine lettuce
  - corn
  - black beans
  - whole grain corn tortilla chips
  - honey lime dressing

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**March Sandwich Menu**

**HIGH SCHOOL**

What do the colors on the menu mean?
- **GREEN** = locally-sourced
- **BLUE** = international
- **ORANGE** = Fresh Feature Friday Winner!

**Student’s choice of skim or 1% milk provided at every meal.**

This institution is an equal opportunity provider.

### PIZZA FRIDAY!

Fridays are for pizza! We’re bringing you a new pizza every Friday.

Look out for our new BBQ Chicken Pizza, Hawaiian Pizza and Turkey Pepperoni Pizza!

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<tr>
<td>2</td>
<td>• turkey meatball sub with provolone cheese on a whole wheat hoagie</td>
<td>3</td>
<td>• buffalo chicken sandwich on a whole wheat bun</td>
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<td>• lettuce &amp; tomato</td>
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</table>
| 20 | | | | | | **professional development day**
| | | | | | **no school**

**Pizza Friday**

- • whole grain flatbread hawaiian pizza with turkey ham & pineapple
- • whole grain flatbread BBQ chicken pizza
- • whole grain cheese pizza
What do the colors on the menu mean?  
**GREEN** = locally-sourced  
**BLUE** = international  
**ORANGE** = Fresh Feature Friday Winner!

Student’s choice of skim or 1% milk provided at every meal.
This institution is an equal opportunity provider.

### March Fusion Bar Menu  
**HIGH SCHOOL**

**What do the colors on the menu mean?**  
- **GREEN** = locally-sourced  
- **BLUE** = international  
- **ORANGE** = Fresh Feature Friday Winner!

- **Student’s choice of skim or 1% milk provided at every meal.**

- **This institution is an equal opportunity provider.**

---

**TRAVEL WITH US!**  
Travel the world each week through our Fusion Bar!  
Every week on the Fusion Bar we feature a different cuisine. From India to Mexico, Korea to Italy. Join us on our journey and let us know where you want to go next!

---

### 3/2 - 3/6  
**3/30 - 3/31**

**Korean Bowl**

- **pick your base**  
  - jasmine brown rice with scallions

- **pick your protein**  
  - chicken bulgogi
  - beef bulgogi
  - edamame

- **pick your toppings**  
  - asian kale salad
  - korean cauliflower
  - glazed carrots
  - diced cucumber

---

### 3/9 - 2/13

**Pasta Bowl**

- **pick your base**  
  - whole grain rotini pasta

- **pick your protein**  
  - herb roasted chicken
  - mozzarella cheese
  - parmesan cheese

- **pick your toppings**  
  - steamed broccoli
  - roasted red bell pepper
  - roasted red onion
  - roasted zucchini

- **add your sauce**  
  - tomato sauce
  - alfredo sauce

---

### 3/16 - 3/19

**Indian Bowl**

- **pick your base**  
  - brown basmati rice

- **pick your protein**  
  - curried chicken
  - curried chickpeas

- **pick your toppings**  
  - baby spinach
  - potato samosa
  - roasted carrots
  - sautéed cabbage

- **add your dressing**  
  - yogurt lime dressing

---

### 3/23 - 3/27

**Taco Bowl**

- **pick your base**  
  - cilantro lime rice
  - whole grain corn tortilla chips

- **pick your protein**  
  - cumin lime chicken
  - black beans
  - cheddar cheese

- **pick your toppings**  
  - shredded romaine lettuce
  - tomato salsa
  - sautéed peppers and onions
  - corn

- **add your dressing**  
  - honey lime dressing
# March Supper Menu

**DID YOU KNOW?**
Our supper meals provide all five groups on MyPlate: Grains, Protein, Fruit, Vegetables and Dairy! For more information on MyPlate, visit: [www.choosemyplate.gov](http://www.choosemyplate.gov)

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<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>sunbutter cup • whole grain animal crackers • broccoli florets with asian dressing • fresh cantaloupe wedge</td>
<td>build your own pizza • shredded mozzarella cheese • whole grain flatbread squares • tomato sauce • fresh banana</td>
<td>tuna &amp; macaroni salad • romaine salad with italian dressing • cinnamon applesauce</td>
<td>buffalo chicken with romaine lettuce in a whole wheat wrap • baby carrots with house ranch dressing • fresh orange wedges</td>
<td>turkey ham &amp; cheese on a whole wheat bun • cucumber coins with honey mustard dressing • 100% grape juice</td>
</tr>
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<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td>cheddar cheese cubes • whole wheat ranch crackers • baby carrots with house ranch dressing • fresh cantaloupe wedge</td>
<td>turkey &amp; cheddar on a whole wheat bun • kale salad • fresh banana</td>
<td>chicken salad • whole grain crackers • cauliflower florets with asian dressing • cinnamon applesauce</td>
<td>build your own taco • cumin lime chicken • whole wheat tortilla • tomato salsa • shredded romaine lettuce • fresh orange wedges</td>
<td>tuna salad on a whole wheat bun • baby spinach salad with balsamic dressing • 100% grape juice</td>
</tr>
<tr>
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<td>17</td>
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</tr>
<tr>
<td>munchables • cheddar cheese slices • turkey slices • whole grain crackers • celery sticks with house ranch dressing • fresh cantaloupe wedge</td>
<td>bbq chicken • whole grain macaroni salad • cucumber salad • tomato sauce • fresh banana</td>
<td>build your own pizza • shredded mozzarella cheese • whole grain flatbread squares • tomato sauce • cinnamon applesauce</td>
<td>curried chicken salad on a whole wheat bun • asian kale slaw • fresh orange wedges</td>
<td>professional development day no school</td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
</tr>
<tr>
<td>snack pack • cheddar cheese cubes • diced turkey • whole grain goldfish • baby carrots with house ranch dressing • fresh cantaloupe wedge</td>
<td>cheesy mexican bean dip • whole grain tortilla chips • tomato salsa • fresh banana</td>
<td>chicken caesar with romaine lettuce in a whole wheat wrap • cucumber coins with parmesan cream dressing • cinnamon applesauce</td>
<td>sunbutter &amp; jelly on whole wheat bread • lemon parmesan kale • fresh orange wedges</td>
<td>tuna salad • whole grain crackers • celery sticks with honey lime dressing • 100% grape juice</td>
</tr>
<tr>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>sunbutter cup • whole grain animal crackers • broccoli florets with asian dressing • fresh cantaloupe wedge</td>
<td>build your own pizza • shredded mozzarella cheese • whole grain flatbread squares • tomato sauce • fresh banana</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**What do the colors on the menu mean?**
- **GREEN** = locally-sourced
- **BLUE** = international
- **ORANGE** = Fresh Feature Friday Winner!

**Student's choice of skim or 1% milk provided at every meal.**

This institution is an equal opportunity provider.