

March 2021

Mon	Tue	Wed	Thu	Fri
1 Chicken Tikka Masala Basmati Rice Roasted Cauliflower Apple	2 Taco Bowl Spiced Beef, Black Beans, Corn, Pico de Gallo served over Quinoa Churro	3 Turkey and Havarti Croissant Sandwich Potato Salad Grapes Cookie	4 Herb Roasted Chicken Roasted Sweet Potatoes and Baby Carrots Diced Fruit	5 Tortellini with Marinara Sauce, Garlic Bread Roasted Broccoli Lemon Bar
8 Pesto Penne with Turkey and Roasted Vegetables Garlic Bread Cookie	9 B.L.T on Focaccia Garden Salad Diced Fruit	10 Chicken Fajitas Rice and Ancho Dusted Corn Churro	11 Blackened Tilapia With Creamy Grits Roasted Carrots Cake	12 Cheeseburgers Roasted Root Vegetables and Brussel Sprouts Pear
15 Chicken Yakisoba Stir-fry Vegetables Brownie	16 Caesar Salad with Bronzed Salmon Diced Fruit	17 Corned Beef and Colcannon (Irish Mashed Potatoes) Irish Apple Cake	18 Southwest Turkey Sandwich Pasta Salad Apple	19 Mac and Cheese Roasted Vegetables Cookie
22 Cajun Shrimp Penne Pasta Snickerdoodle	23 Grilled Chicken Cobb Salad Rice Krispy Treat	24 Turkey Meatloaf Horseradish Mashed Potatoes Roasted Broccoli Apple	25 Beef Gyro's with Tabouli Salad Toll House Cookie Bar	26 Chicken Teriyaki Steamed Rice and Edamame Brownie
29 Beef Bulgogi Bowl Steamed Rice, Carrots, Broccoli Avocado Apple	30 BBQ Chicken Sandwich Coleslaw and Grapes Toll House Cookie Bar	31 Southwest Salmon Salad, Beans, Corn, Avocado, with Roasted Tomato Vinaigrette Cake	Grades 5,7,9,10 March 1-5 March 15-19 March 29-31	Grades 6,8,11,12 March 8-12 March 22-26

March 2021 Gluten Free

Mon	Tue	Wed	Thu	Fri
1 Chicken Tikka Masala Basmati Rice Roasted Cauliflower Apple	2 Taco Bowl Spiced Beef, Black Beans, Corn, Pico de Gallo served over Quinoa G.F. Brownie	3 Turkey and Havarti Sandwich on Gluten Free Bread Potato Salad Grapes G.F. Cookie	4 Herb Roasted Chicken Roasted Sweet Potatoes and Baby Carrots Diced Fruit	5 Gluten Free Pasta with Marinara Sauce, Roasted Broccoli Apple
8 Gluten Free Pasta with Pesto, Turkey and Roasted Vegetables G.F. Cookie	9 B.L.T on On Gluten Free Bread Garden Salad Diced Fruit	10 Chicken Fajitas on Corn Tortillas, Rice and Ancho Dusted Corn Pear	11 Blackened Tilapia With Creamy Grits Roasted Carrots G.F. Cake	12 Cheeseburgers Roasted Root Vegetables and Brussel Sprouts Pear
15 Chicken Stir-fry over Rice and Vegetables G.F. Brownie	16 Caesar Salad with Bronzed Salmon G.F. Rice Krispy Treat	17 Corned Beef and Colcannon (Irish Mashed Potatoes) Diced Fruit	18 Southwest Turkey On Gluten Free Bread G.F. Pasta Salad Apple	19 Gluten Free Mac and Cheese Roasted Vegetables G.F. Cookie
22 Cajun Shrimp G.F. Pasta G.F. Cookie	23 Grilled Chicken Cobb Salad G.F. Rice Krispy Treat	24 Turkey Meatloaf Horseradish Mashed Potatoes Roasted Broccoli Apple	25 Greek Salad With Beef Gryo Meat G.F. Cookie	26 Chicken Teriyaki Steamed Rice and Edamame G.F. Brownie
29 Beef Bulgogi Bowl Steamed Rice, Carrots, Broccoli Avocado Apple	30 BBQ Chicken G.F. Bun Coleslaw and Grapes G.F. Cookie	31 Southwest Salmon Salad, Beans, Corn, Avocado, with Roasted Tomato Vinaigrette G.F. Cake	Grades 5,7,9,10 March 1-5 March 15-19 March 29-31	Grades 6,8,11,12 March 8-12 March 22-26

March 2021 Vegan

Mon	Tue	Wed	Thu	Fri
1 Chickpea Tikka Masala Basmati Rice Roasted Cauliflower Apple	2 Bean Bowl Black Beans, Corn, Avocado, Pico de Gallo served over Quinoa Churro	3 Roasted Vegetable Wrap with Hummus Quinoa Salad Grapes Vegan Cookie	4 Marinated Tempeh Roasted Sweet Potatoes and Baby Carrots Diced Fruit	5 Penne Pasta with Marinara Sauce Roasted Broccoli Vegan Brownie
8 Marinara and Penne Pasta Roasted Vegetables Garlic Bread Vegan Cookie	9 Tomato Field Roast and Vegetables on Focaccia Garden Salad Diced Fruit	10 Butternut Squash Fajitas Rice and Ancho Dusted Corn Churro	11 Blackened Tofu With Chao Cheese Grits Roasted Carrots Vegan Cookie	12 Black Bean Burgers Roasted Root Vegetables and Brussel Sprouts Pear
15 Stir-fry with Tofu and Eggplant over Rice Vegetables Vegan Brownie	16 Winter Roasted Beet Salad Diced Fruit	17 Seitan and Mushrooms with Steamed Potatoes Pear	18 Southwest Vegan Quinoa Wrap Pasta Salad Apple	19 Vegan Chao Mac and Cheese Roasted Vegetables Vegan Cookie
22 Cajun Penne Pasta Garlic Bread Vegan Cookie	23 Vegan Cobb Salad Rice Krispy Treat	24 Field Roast Loaf Horseradish Mashed Potatoes Roasted Broccoli Apple	25 Falafels With Tabouli Salad Fruit	26 Teriyaki Tempeh Steamed Rice and Edamame Vegan Brownie
29 Korean Tofu Bowl Steamed Rice, Carrots, Broccoli Avocado Apple	30 BBQ Jackfruit Sandwich Coleslaw and Grapes Vegan Cookie	31 Southwest Veggie Salad, Beans, Corn, Avocado, with Roasted Tomato Vinaigrette Vegan Brownie	Grades 5,7,9,10 March 1-5 March 15-19 March 29-31	Grades 6,8,11,12 March 8-12 March 22-26