

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
	3/24, 4/21, 5/19	3/25, 4/22, 5/20	3/26, 4/23, 5/21	3/27, 4/24, 5/22	3/8, 4/25, 5/23
Week 1	Breakfast <ul style="list-style-type: none"> Toasted Oats, Oranges, Org. Milk Lunch <ul style="list-style-type: none"> Chx. Sliders, WG Rolls, Veg. Burger, Tomato Ketchup, Green Beans & Cauliflower, Apples Snack <ul style="list-style-type: none"> Mini Pretzel Twists, String Cheese, Water 	<ul style="list-style-type: none"> WG Pancakes* w/ Applesauce, Pineapple, Org. Milk <ul style="list-style-type: none"> Chx. Fajitas, WG Tortillas Tofu Fajitas, Peas & Carrots, Bananas <ul style="list-style-type: none"> Kids Mix, Pears, Water 	<ul style="list-style-type: none"> WG Biscuits*, Turkey Sausage, Egg Patties, Apples, Org. Milk <ul style="list-style-type: none"> Three Cheese Ravioli, Marinara, Broccoli & Yellow Beans, Cantaloupe <ul style="list-style-type: none"> Graham Squares, Vanilla Yogurt Water 	<ul style="list-style-type: none"> Mini Bagels, Sunflower Butter, Oranges, Org. Milk <ul style="list-style-type: none"> Southwest Chx., Brown Rice Bowl, Tofu Rice Bowl, 4 Veggie Blend, Pineapple <ul style="list-style-type: none"> Brown Rice Cakes, Bananas, Water 	<ul style="list-style-type: none"> Blueberry Muffins, Honeydew, Org. Milk <ul style="list-style-type: none"> WG* Garlic Bread Pizza, Green Beans, Diced Carrots, Fruit Salad <ul style="list-style-type: none"> Club Crackers, Apples, Water
	3/3, 3/31, 4/28, 5/26	3/4, 4/1, 4/29, 5/27	3/5, 4/2, 4/30, 5/28	3/6, 4/3, 5/1, 5/29	3/7, 4/4, 5/2, 5/30
Week 2	Breakfast <ul style="list-style-type: none"> Rice Chex, Oranges, Org. Milk Lunch <ul style="list-style-type: none"> WG Mac & Cheese, Broccoli & Yellow Beans, Apples Snack <ul style="list-style-type: none"> Mini Croissant, String Cheese, Water 	<ul style="list-style-type: none"> Hash Browns, Turkey Sausage, Egg Patties, Pineapple, Milk <ul style="list-style-type: none"> Chx. Meatballs In Marinara Sauce . Tofu In Marinara Sauce, WG Rolls, Peas & Carrots, Bananas <ul style="list-style-type: none"> Mini Bagels, Cream Chz., Pears, Water 	<ul style="list-style-type: none"> WG French Toast Sticks, Maple Syrup, Apples, Org. Milk <ul style="list-style-type: none"> Turkey Burger w/ Cheese, Veg. Burger, Buns & Ketchup, Green Beans & Cauliflower, Honeydew <ul style="list-style-type: none"> Cheddar Goldfish, Pears, Milk 	<ul style="list-style-type: none"> Toasted Oats, Strawberry Yogurt, Oranges, Org. Milk <ul style="list-style-type: none"> WG Chx. Bites*, Tomato Ketchup, Veg. Bites, 4 Veg. Blend, Pineapple <ul style="list-style-type: none"> Animal Crackers, Bananas, Water 	<ul style="list-style-type: none"> English Muffins, Turkey Sausage, Egg Patties, Cantaloupe, Org. Milk <ul style="list-style-type: none"> Red Beans & Rice, Roasted Chicken, Tofu Rice & Beans, Greens Beans & Carrots, Fruit Salad <ul style="list-style-type: none"> Sunflower Butter, Fresh Apples, Water
	3/10, 4/7, 5/5	3/11, 4/8, 5/6	3/12, 4/9, 5/7	3/13, 4/10, 5/8	3/14, 4/11, 5/9
Week 3	Breakfast <ul style="list-style-type: none"> Shredded Mini Wheats, Oranges, Org. Milk Lunch <ul style="list-style-type: none"> Chx. Fajitas, WG Tortillas Tofu Fajitas, Green Beans & Cauliflower, Apples Snack <ul style="list-style-type: none"> Ritz Crackers, String Cheese, Water 	<ul style="list-style-type: none"> WG Pancakes* w/ Applesauce, Pineapple, Org. Milk <ul style="list-style-type: none"> WG Rotini, Roasted Tomato Sauce, Chx. Sausage Org. Tomato Tofu, Peas & Carrots, Bananas, Org. Milk <ul style="list-style-type: none"> Mini Bagels, Sunflower Butter Water 	<ul style="list-style-type: none"> Homemade WG Granola*, Vanilla Yogurt, Apples, Org. Milk <ul style="list-style-type: none"> Spanish Rice With Chicken, Tofu Spanish Rice, Broccoli & Yellow Beans, Cantaloupe, Org. Milk <ul style="list-style-type: none"> Saltine Crackers, American Cheese, Water 	<ul style="list-style-type: none"> Hash Browns, Turkey Sausage, Egg Patties, Oranges, Milk <ul style="list-style-type: none"> WG Cheese Tortellini In Garlic & Herb Oil, 4 Veggie Blend, Pineapple, Org. Milk <ul style="list-style-type: none"> Graham Squares*, Bananas, Water 	<ul style="list-style-type: none"> Apple Spice Muffins, Honeydew, Org. Milk <ul style="list-style-type: none"> Chx. Alfredo, WG Rotini, Tofu Alfredo, Green Beans, Diced Carrots, Fruit Salad, Milk <ul style="list-style-type: none"> Kids Mix, Apples, Water
	3/17, 4/14, 5/12	3/18, 4/15, 5/13	3/19, 4/16, 5/14	3/20, 4/17, 5/15	3/21, 4/18, 5/16
Week 4	Breakfast <ul style="list-style-type: none"> Rice Krispies, Oranges, Org. Milk Lunch <ul style="list-style-type: none"> Turkey Burger w/ Cheese, Veggie Burger, Buns & Ketchup, Broccoli & Yellow Beans, Apples Snack <ul style="list-style-type: none"> WG Wheat Crackers*, String Cheese, Water 	<ul style="list-style-type: none"> WG Biscuits*, Turkey Sausage, Egg Patties, Pineapple, Org. Milk <ul style="list-style-type: none"> Herb Chx. & WG Rotini Pasta, Herb Tofu, Green Beans & Cauliflower, Bananas <ul style="list-style-type: none"> Animal Crackers, Pears, Water 	<ul style="list-style-type: none"> Mini Bagels, Cream Cheese, Apples, Org. Milk <ul style="list-style-type: none"> WG Chx. Bites*, Tomato Ketchup, Veg. Bites, Peas & Carrots, Honeydew <ul style="list-style-type: none"> Toasted Oats, Strawberry Yogurt, Water 	<ul style="list-style-type: none"> WG Waffles*, Maple Syrup, Oranges, Org. Milk <ul style="list-style-type: none"> Lemon Garlic Herb Rice & Chx., Herb Garlic Tofu, 4 Veggie Blend, Fresh Pineapple <ul style="list-style-type: none"> Mini Croissant, Bananas, Water 	<ul style="list-style-type: none"> English Muffins, Turkey Sausage, Egg Patties, Cantaloupe, Org. Milk <ul style="list-style-type: none"> Chx. Marinara, WG Penne, Veg. Crumbles, Green Beans, Diced Carrots, Fruit Salad <ul style="list-style-type: none"> Sunflower Butter, Apples, Water

Spring Allergy Menu 2025

March / April / May



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	3/24, 4/21, 5/19	3/25, 4/22, 5/20	3/26, 4/23, 5/21	3/27, 4/24, 5/22	3/8, 4/25, 5/23
	Lunch <ul style="list-style-type: none"> • Roasted Chicken • Corn Flour Pasta • Green Beans & Cauliflower • Fresh Apples 	<ul style="list-style-type: none"> • Chicken Fajitas • Corn Tortillas • Peas & Carrots • Fresh Bananas 	<ul style="list-style-type: none"> • Corn Flour Pasta • Marinara Sauce • Diced Chicken • Broccoli & Yellow Beans • Fresh Cantaloupe 	<ul style="list-style-type: none"> • Southwest Chicken • Brown Rice Bowl • 4 Veggie Blend • Fresh Pineapple 	<ul style="list-style-type: none"> • Chicken Quesadillas • Vegan Cheese • Green Beans • Diced Carrots • Fresh Fruit Salad
Week 2	3/3, 3/31, 4/28, 5/26	3/4, 4/1, 4/29, 5/27	3/5, 4/2, 4/30, 5/28	3/6, 4/3, 5/1, 5/29	3/7, 4/4, 5/2, 5/30
	Lunch <ul style="list-style-type: none"> • Mac N' Chicken • Vegan Cheese • Corn Flour Pasta • Broccoli & Yellow Beans • Fresh Apples 	<ul style="list-style-type: none"> • Herbed Chicken • Brown Rice • Peas & Carrots • Fresh Bananas 	<ul style="list-style-type: none"> • Grilled Chicken • Brown Rice • Green Beans & Cauliflower • Fresh Honeydew 	<ul style="list-style-type: none"> • Corn Flour Pasta In Marinara Sauce • Diced Chicken • 4 Veggie Blend • Fresh Watermelon 	<ul style="list-style-type: none"> • Red Beans & Rice • Diced Chicken • Green Beans • Diced Carrots • Fresh Fruit Salad
Week 3	3/10, 4/7, 5/5	3/11, 4/8, 5/6	3/12, 4/9, 5/7	3/13, 4/10, 5/8	3/14, 4/11, 5/9
	Lunch <ul style="list-style-type: none"> • Chicken Fajitas • Corn Tortillas • Green Beans & Cauliflower • Fresh Apples 	<ul style="list-style-type: none"> • Corn Flour Pasta • Marinara Sauce • Diced Chicken • Peas & Carrots • Fresh Bananas 	<ul style="list-style-type: none"> • Spanish Rice W/ Chicken • Broccoli & Yellow Beans • Fresh Cantaloupe 	<ul style="list-style-type: none"> • Chicken In Salsa • Corn Tortillas • 4 Veggie Blend • Fresh Watermelon 	<ul style="list-style-type: none"> • Roasted Chicken • Brown Rice • Green Beans • Diced Carrots • Fresh Fruit Salad
Week 4	3/17, 4/14, 5/12	3/18, 4/15, 5/13	3/19, 4/16, 5/14	3/20, 4/17, 5/15	3/21, 4/18, 5/16
	Lunch <ul style="list-style-type: none"> • Vegetarian Burrito Bowl • Corn Tortillas • Broccoli & Yellow Beans • Fresh Apples 	<ul style="list-style-type: none"> • Corn Flour Pasta In Marinara Sauce • Diced Chicken • Green Beans & Cauliflower • Fresh Bananas 	<ul style="list-style-type: none"> • Grilled Chicken • Corn Flour Pasta • Peas & Carrots • Fresh Honeydew 	<ul style="list-style-type: none"> • Lemon Garlic Herb Rice And Chicken • 4 Veggie Blend • Fresh Watermelon 	<ul style="list-style-type: none"> • Corn Flour Pasta In Marinara Sauce • Chicken Diced Chicken • Green Beans • Diced Carrots • Fresh Fruit Salad