



March 2025

LUNCH & SNACK MENU

GF – Gluten Free DF – Dairy Free V – Vegetarian EF– Egg free

<p>3 Rice Chex & Fruit V EF</p> <p>Chicken Gumbo EF Rice DF GF V EF Okra GF DF V EF Fruit *Tofu</p> <p>Graham Crackers & Fruit</p>	<p>4 Cottage Cheese /Fruit GF V EF</p> <p>Soft Beef Tacos DF EF Rice GF DF V EF Beans GF DF V EF Fruit *Bean</p> <p>Nut Free Snack Balls GF DF V EF</p>	<p>5 Quiche Lorraine V</p> <p>Veggie Lo Mein V EF Egg Rolls DF EF Fruit</p> <p>Chicken Salad & Crackers</p>	<p>6 Crescent Roll with Pear Butter</p> <p>Tomato Soup GF DF V EF Hot Turkey Sandwich EF Fruit *Tofurkey</p> <p>Hummus & Pita GF DF V EF</p>	<p>7 Carrot Muffin V</p> <p>Cheese Pizza Day!!! Fresh Veggie Salad GF DF V EF Fruit</p> <p>Ranch dip with veggie straws GF DF V EF</p>
<p>10 Overnight oats GF DF V EF</p> <p>Chicken & Waffles Rice GF DF V EF Fruit *Veggie</p> <p>Pretzels & Spinach Dip V</p>	<p>11 Yogurt & Fruit GF V EF</p> <p>Cheese Enchiladas V EF Rice & Beans GF DF V EF Fruit Fruit</p> <p>White Bean Dip with Veggie straws GF DF V EF</p>	<p>12 Veggie Frittata V</p> <p>Pasta with Meat sauce DF Broccoli GF DF V EF Fruit *Marinara</p> <p>Spinach & Turkey Pinwheel D FEF</p>	<p>13 Chia Fruit Pudding GF DF V EF</p> <p>Teriyaki Pork Rice Bowl EF DF Veggies GF DF V EF Fruit *Veggie Protein</p> <p>Apple Sauce & Cheese GF V EF</p>	<p>14 Blueberry Muffin V</p> <p>Turkey Sloppy Joe's Tater Tots GF DF V EF Fruit</p> <p>Fruit & Trailmix DF V EF</p>
<p>17 Cereal & Fruit</p> <p>Beef Stew Cornbread DF V Fruit *Tofu Stew</p> <p>Graham Crackers with Fruit</p>	<p>18 Cottage Cheese /Fruit GF V EF</p> <p>Bean & Cheese Taco V EF Corn & Black Bean Salad GF DF V EF Fruit</p> <p>Hummus & Veggies GF DF V EF</p>	<p>19 Breakfast Taco V</p> <p>Baked Chicken GF DF EF Buttered Noodles V EF Zucchini&Squash GF DF V EF Fruit *Baked Mushroom</p> <p>Fruit & Cheese GF V EF</p>	<p>20 Berry Smoothie Bowl GF V EF</p> <p>Hot Turkey Subs EF Tater Tots GF DF V EF Fruit *Tofurkey</p> <p>Pesto Toasts V EF</p>	<p>21 Lemon Poppyseed V</p> <p>Cheese Pizza Day!!! Fresh Veggie Salad GF DF V EF Fruit</p> <p>Apples & Sunbutter GF DF V EF</p>
<p>24 Overnight Oats GF DF V EF</p> <p>Veggie Soup GF EF Grilled Cheese Toast EF V Fruit *Tofu Pie</p> <p>Egg Salad Sandwich DF V</p>	<p>25 Frenchtoast & fruit GF DF V EF</p> <p>Chicken Quesadillas EF Guacamole Salad GF DF V EF Fruit *Cheese</p> <p>Rice Cakes & Sunbutter GF DF V EF</p>	<p>26 Veggie Frittata GF V</p> <p>Fish Sticks DF Mac N Cheese V Peas GF DF V EF Fruit *Veggie Chili</p> <p>Graham Crackers & Fruit DF V EF</p>	<p>27 Chia Fruit Pudding GF DF V EF</p> <p>Turkey Frito Pie GF Veggies DF V EF Fruit *Veggie pie</p> <p>Apple Sauce & Cheese GF V EF</p>	<p>28 Mixed Berry Muffin V</p> <p>BBQ Beef Sandwich Tater Tots DF GF V EF Fruit *Veggie BBQ</p> <p>Cheese, Crackers, & fruit V EF</p>
<p>31 Rice Chex & Fruit</p> <p>Beef Goulash Mashed Potatoes GF V EF Mixed Veggies DF GF V EF Fruit</p> <p>Sunbutter Sandwiches</p>			<p>All Veggies in PM snacks Infants – 2's will be steamed</p>	