

March 2025

LUNCH MENU

Guidepost Montessori

GF – Gluten Free		DF – Dairy Free		V – Vegetarian		EF– Egg free			
3	<p>Chicken Gumbo EF Rice GF DF V EF Okra GF DF V EF Fruit *Veggie Gumbo</p>	4.	<p>Soft Beef Tacos DF EF Rice & Beans GF DF V EF Fruit *Bean</p>	5	<p>Veggie Lo Mein DF EF Eggrolls DF EF Fruit</p>	6	<p>Tomato Soup GF DF V EF Hot Turkey Sandwich EF Fruit *Tofurkey</p>	7	<p>Cheese Pizza Day!!! Fresh Veggie Salad GF DF V EF Fruit</p>
10	<p>Chicken & Waffles Zucchini & Squash GF DF V EF Fruit *Chickn'</p>	11	<p>Cheese Enchiladas V EF Rice & Beans GF DF V EF Fruit</p>	12	<p>Pasta with meat sauce Broccoli GF DF V EF Fruit *Marinara</p>	13	<p>Teriyaki Pork Rice Bowl Veggies GF DF V EF Fruit *Vegetable Protein</p>	14	<p>Turkey Sloppy Joe's Tater Tots GF DF V EF Fruit *Tofu</p>
17	<p>Beef Stew DF EF Cornbread DFV Fruit *Tofu Stew</p>	18	<p>Bean & Cheese Burrito V EF Corn & Black Bean Salad GF DF V EF Fruit</p>	19	<p>Chicken Noodle Soup DF WW Roll DF V EF Fruit *Veggie Noodle Soup</p>	20	<p>Hot Turkey Subs Tater Tots GF DF V EF Fruit *Tofurkey</p>	21	<p>Cheese Pizza Day!!! Fresh Veggie Salad GF DF V EF Fruit</p>
24	<p>Vegetable Soup GF DF V EF Grilled Cheese toast EF V Fruit</p>	25	<p>Chicken Quesadilla GF V EF Guacamole salad GF DF V EF Fruit *Chickn</p>	26	<p>Fish Sticks DF Mac N Cheese V Peas GF DF V EF Fruit *Tofu Sticks</p>	27	<p>Turkey Frito Pie EF GF Veggies GF DF V EF Fruit *Veggie pie</p>	28	<p>BBQ Beef Sandwich Tater Tots DF GFV EF Fruit *jackfruit</p>
31	<p>Beef Goulash Mashed Potatoes GF V EF Mixed Veggies GF DF V EF Fruit *Mushroom Goulash</p>								