

March 2023 Lunch menu



		WEDNSDAY	THURSDAY	FRIDAY	4:30 PM SNACK
		1	2	3	It's offered with one component of the following snacks:
		AM SNACK: English Muffin w/Jelly & Milk	AM SNACK: Cereal & Milk	AM SNACK: Waffles and Milk	Animal Crackers KLA Mix Rice Crackres Cereal Bars Veggie Sticks Pretzels Pirates' Bootie Gold Fish Crackers Cereal Bars Graham Crackers
		REG:	REG: Stir Fried Chicken &	REG:	
		VEG: White Bean Chili Verde w/ Whole Wheat Tortilla (WGR) / Winter Squash / Oranges / Milk*	VEG: Stir Fried Tofu & Brown Rice (WGR) / Ginger Carrots / Apples / Milk*	VEG: Cheesy Pita Pizza (WGR) / Roasted Red Peppers & Cauliflower / Peach Crumble / Milk*	
		2:30 Snack: Juice & Crackers	2:30 Snack: Cheese Quesadilla	2:30 Snack: Fruit & Crackers	
6	7	8	9	10	
AM SNACK: Blueberry Muffins & Milk	AM SNACK: Cereal & Milk	AM SNACK: Toast w/ Cinammon & Milk	AM SNACK: Cereal & Milk	AM SNACK: English Muffin w/Jelly & Milk	Animal Crackers KLA Mix Rice Crackres Cereal Bars Veggie Sticks Pretzels Pirates' Bootie Gold Fish Crackers Cereal Bars Graham Crackers
REG:	REG: Chicken Pot Pie w/	REG:	REG: Chicken Pad Thai w/	REG:	
VEG: Baked Tofu & Parmesan Pasta (WGR) Casserole / Peas / Apples / Milk*	VEG: Chickpea Pot Pie w/ Peas & Carrots / Biscuit (WGR) / Apples / Milk*	VEG: Lentil Sloppy Joe w/ Whole Wheat Bun (WGR) / Cheesy Cauliflower / Oranges / Milk*	VEG: Tofu Pad Thai w/ Spaghetti (WGR), Carrots, Cabbage, & Green Onion / Apples / Milk*	VEG: Black Bean & Cheese Quesadilla on Whole Wheat Tortilla (WGR) / Corn & Squash / Apple Crumble / Milk*	
2:30 Snack: KLA Mix Cereal, pretzels, craisins	2:30 Snack: Fruit & Crackers	2:30 Snack: Pita Bread Cream Cheese	2:30 Snack: Ritz& Buttered Corn	2:30 Snack: Fruit & Crackers	
13	14	15	16	17	4:30 PM
AM SNACK: Toast w/ Cinammon & Milk	AM SNACK: Cereal & Milk	AM SNACK: English Muffin w/Jelly & Milk	AM SNACK: Cereal & Milk	AM SNACK: Waffles and Milk	Animal Crackers KLA Mix Rice Crackres Cereal Bars Veggie Sticks Pretzels Pirates' Bootie Gold Fish Crackers Cereal Bars Graham Crackers
REG: Turkey Dogs & Macaroni	REG: Chicken Enchilada Casserole	REG: Pulled BBQ Chicken on	REG:	REG: Ground Turkey	
VEG: Smoked Paprika Baked Tofu in Macaroni (WGR) & Cheese / Peas / Apples / Milk*	VEG: Black bean Casserole w/ Corn, Peppers, & Onions in Corn Tortilla (WGR) / Apples / Milk*	VEG: BBQ Tofu Cutlets on Whole Wheat Bun (WGR) / Green Beans / Oranges / Milk*	VEG: Vegetable Strata (WGR) w/ Broccoli & Egg / Apples / Milk*	VEG: Baked Ziti (WGR) w/ Ground Tempeh / Cauliflower / Fruit Crumble / Milk*	
2:30 Snack: Tortilla chips and Cucumbers	2:30 Snack: Carrots & Saltines	2:30 Snack: Juice & Crackers	2:30 Snack: KLA Mix Cereal, pretzels, craisins	2:30 Snack: Fruit & Crackers	
					NOTES:



March 2023 Lunch menu

MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY	4:30 PM
20	21	22	23	24	It's offered with one component of the following snacks:
AM SNACK: Blueberry Muffins & Milk	AM SNACK: Cereal & Milk	AM SNACK: Toast w/ Cinammon & Milk	AM SNACK: Cereal & Milk	AM SNACK: English Muffin w/Jelly & Milk	Animal Crackers
REG: Orange Chicken w/	REG: Turkey w/ Green Bean	REG:	REG: Chicken Gyro on	REG:	KLA Mix
VEG: Orange Chickpeas w/ Broccoli, Carrots & Peppers / Brown Rice (WGR) / Apples / Milk*	VEG: Seasoned Baked Tofu w/ Green Bean Casserole / Whole Wheat Roll (WGR) / Apples / Milk*	VEG: Vegan Meatball Sandwich w/ Mozzarella on Whole Wheat Bun (WGR) / Veg Salad w/ Lettuce, Tomato, Cucumber & Carrots /	VEG: Chickpea Gyro on Whole Wheat Pita (WGR) / Tomato, Cucumber & Tzatziki / Apples / Milk*	VEG: Pinto Beans, Pepper & Onion Fajitas / Whole Grain Tortilla (WGR) / Corn Succotash / Berry Crumble / Milk*	Rice Crackres Cereal Bars Veggie Sticks Pretzels Pirates' Bootie Gold Fish Crackers
2:30 Snack: Crackers & Buttered Corn	2:30 Snack: Pita Bread Cream Cheese	2:30 Snack: Fruit & Crackers	2:30 Snack: Cheese Quesadilla	2:30 Snack: Fruit & Crackers	Cereal Bars Graham Crackers
27	28	29	30	31	Animal Crackers
AM SNACK: Toast w/ Cinammon & Milk	AM SNACK: Cereal & Milk	AM SNACK: English Muffin w/Jelly & Milk	AM SNACK: Cereal & Milk	AM SNACK: Waffles and Milk	KLA Mix
REG:	REG: Chicken Broccoli Alfredo w	REG: Roasted Chicken w/	REG:	REG: Seasoned Chicken w/	Rice Crackres Cereal Bars Veggie Sticks Pretzels Pirates' Bootie Gold Fish Crackers Cereal Bars Graham Crackers
VEG: Cheesy Pita Pizza (WGR) / Roasted Red Peppers & Cauliflower / Apples / Milk*	VEG: Seasoned Tofu & Broccoli Alfredo w/ Pasta (WGR) / Apples / Milk*	VEG: Seasoned Baked Tofu w/ Lemon Garlic Brown Rice (WGR) / Kale & Carrot Medley / Oranges / Milk*	VEG: Bean & Cheese Burrito on Whole Wheat Tortilla (WGR) / Corn & Squash / Apples / Milk*	VEG: Black Bean Cheeseburger on Whole Wheat Bun (WGR) / Ketchup & Mustard / Sweet Potato Fries / Peach Crumble / Milk*	
2:30 Snack: Tortilla chips and Cucumbers	2:30 Snack: Carrots & Saltines	2:30 Snack: Juice & Crackers	2:30 Snack: KLA Mix Cereal, pretzels, craisins	2:30 Snack: Tortilla chips and Cucumbers	NOTES:

March
Calendar

17 *Early Dismissal 3:00 pm. Professional Development
20 -24 Cultural week

April
Calendar

13*School closed for Parent-Teacher conferences from 8:00 am to 2:00 pm
Professional Development from 2:00-6:00
14 School Closed. Spring break
24-28 Earth week

* Toddler modifications include steamed/blanched carrot & Veggie Pack and bite-sized or sauce alternative for whole fruit. All grains used in our menu are whole grain rich. FareStart's menu changes seasonally and focuses on fresh, seasonal produce. Fruit may change. Without notice due to ripeness and availability. FareStart's School Meals menu is free of nuts, pork, and shellfish. Please note that pork, shellfish, and other allergens may be processed in the facility.