






All rolls and pastas are whole grain unless otherwise stated. All meals served w/milk or yogurt. All juice is 100% fruit juice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 <p>shutterstock · 628156235</p>		<p>1)</p> <p>HOT: BBQ Beef Tips, Whipped Sweet Potatoes, Green Peas, Sliced Carrots, Roll, Yogurt, Juice</p> <p>COLD: Chicken Salad, Cole Slaw, Southwestern Corn Salad, Sandwich Roll, Yogurt, Juice</p> <p>VEG: BBQ Vegan Beef Tips, Whipped Sweet Potatoes, Green Peas, Sliced Carrots, Roll, Yogurt, Juice</p>	<p>2)</p> <p>HOT: Baked Chicken Drumsticks, Mashed Potatoes, Capri Veggies, Yellow Squash, Roll, Milk, Applesauce</p> <p>COLD: Tuna Salad Stuffed Tomato, Pita, Sliced Carrots, Spinach Salad with Grapes, Tomato Wedges, Milk, Applesauce</p> <p>VEG: Baked Vegan Chick'n Drumsticks, Mashed Potatoes, Capri Veggies, Yellow Squash, Roll, Milk, Applesauce</p>
<p>5)</p> <p>HOT: Meat Lasagna, Broccoli, Parker House Roll, Milk, Orange</p> <p>COLD: Egg Salad Plate, Cous Cous Salad, Green Salad, Coleslaw, Parker House Roll, Milk, Orange</p> <p>VEG: Vegetable Lasagna, Broccoli, Parker House Roll, Milk, Orange</p>	<p>6)</p> <p> HOT: BBQ Pork Tenderloin, Mashed Potatoes, Garlic Kale, Mixed Veggies, Roll, Yogurt, Juice</p> <p>COLD: Krab & Pasta Salad, 3-Bean Salad, Corn & Pepper Salad, Roll, Yogurt, Juice</p> <p>VEG: BBQ Vegan Chick'n Breast, Mashed Potatoes, Garlic Kale, Mixed Veggies, Roll, Yogurt, Juice</p>	<p>7)</p> <p>HOT: Shredded Beef Stroganoff, Buttered Penne Pasta, Spinach, Coleslaw, Roll, Diced Pears, Milk</p> <p>COLD: Lime-Dill Rotini w/ Grilled Chicken, Carrot-Raisin Salad, Sliced Beets, Roll, Diced Pears, Milk</p> <p>VEG: Shredded Vegan Beed Stroganoff, Buttered Penne Pasta, Spinach, Coleslaw, Roll, Diced Pears, Milk</p>	<p>8)</p> <p>HOT: Baked Salmon Chunks w/ Tomato-Dill Sauce, Orzo in White Sauce, Lima Beans, Parker House Roll, Yogurt, Juice</p> <p> COLD: Ham & Swiss, Potato Salad, Sliced Carrots, Sandwich Roll, Yogurt, Juice</p> <p>VEG: Veggie, Cheese, and Black Bean Stuffed Pepper, Orzo in White Sauce, Lima Beans, Parker House Roll, Yogurt, Juice</p>	<p>9)</p> <p>HOT: Curry Chicken Thigh, Brown Rice, Green Pea Salad, Cauliflower w/ Tomatoes, Roll, Milk Applesauce</p> <p>COLD: Grilled Tuna & Pasta Salad, Green Pea Salad, Stewed Tomatoes, Roll, Milk, Applesauce</p> <p>VEG: Vegan Curry Chick'n Thigh, Brown Rice, Green Pea Salad, Cauliflower w/ Tomatoes, Roll, Milk Applesauce</p>

<p>12) TASTE OF THE US- PHILLY HOT: Philly Chicken Sub, Mashed Potatoes, Green Peas, Milk, Banana COLD: Orange-Ginger Fettucine Pasta Salad w/ Beef Tips, Sliced Beets, Black Bean & Corn Salad, Roll, Milk, Banana VEG: Vegan Philly Chick'n Sub, Mashed Potatoes, Green Peas, Milk, Banana</p>	<p>13) HOT: Beef Stew w/ Vegetables, Baby Boiled Potatoes w/ Parsley, Collard Greens, Roll, Yogurt, Juice  COLD: Ham & Swiss, Potato Salad, Sliced Carrots, Sandwich roll, Juice, Yogurt VEG: Vegan Beef Stew w/ Vegetables, Baby Boiled Potatoes w/ Parsley, Collard Greens, Roll, Yogurt, Juice</p>	<p>14) HOT: Jerk Chicken Drumstick, Wild Rice Pilaf, Glazed Baby Carrots, Corn, Roll, Fruit Cocktail, Milk COLD: Baked Salmon Salad, Hard Boiled Egg, Arcadian Blean Green Salad, Pita, Diced Peaches, Milk VEG: Vegan Jerk Chick'n Drumstick, Wild Rice Pilaf, Glazed Baby Carrots, Corn, Roll, Fruit Cocktail, Milk</p>	<p>15) HOT: Shredded BBQ Beef, Whipped Sweet Potatoes, Green Peas, Coleslaw, Roll, Yogurt, Juice COLD: Dilled Egg Salad, Sandwich Bun, Caesar Salad, Coleslaw, Yogurt, Juice VEG: Vegan Shredded BBQ Beef, Whipped Sweet Potatoes, Green Peas, Coleslaw, Roll, Yogurt, Juice</p>	<p>16) HOT: Oven Fried Chicken Breast, Roasted Potatoes, Green Beans, Carrots, Roll, Diced Pears, Milk COLD: Seafood Pasta Salad, Carrot-Raisin Salad, 3-Bean Salad, Cornbread, Diced Pears, Milk VEG: Oven Fried Vegan Chick'n Breast, Roasted Potatoes, Green Beans, Carrots, Roll, Diced Pears, Milk</p>
<p>19) HOT: Meatball Sub w/ Sauce, Garlic Kale, Mixed Vegetables, Milk, Orange COLD: Turkey Breast & Pepperjack Cheese, Sandwich Bread, Sliced Beets, Potato Salad, Milk, Orange VEG: Vegan Meatball Sub w/ Sauce, Garlic Kale, Mixed Vegetables, Milk, Orange</p>	<p>20) HOT: Chicken Marsala, Egg Noodles, Broccoli, Succotash, Parker House Roll, Yogurt, Juice COLD: Italian Orzo Pasta Salad w/ Blackened Salmon, Marinated Broccoli Salad, Tomato Wedges, Garlic Roll, Yogurt, Juice VEG: Vegan Chick'n Marsala, Egg Noodles, Broccoli, Succotash, Parker House Roll, Yogurt, Juice</p>	<p>21) HOT: Salmon Tacos w/ Salsa, Spanish Rice, Black Beans, Coleslaw, Tortilla, Milk, Apple COLD: California Chicken Salad w/ Almonds & Grapes, Apple Slaw, Corn & Pepper Salad, Sandwich Roll, Milk, Apple VEG: Tofu & Bean Tacos, Spanish Rice, Black Beans, Coleslaw, Tortilla, Milk, Apple</p>	<p>22) HOT: Roast Chicken Thighs, Herb Stuffing, Italian Mixed Vegetables, Caesar Salad, Roll, Yogurt, Juice COLD: Roast Beef & Provolone, Sliced Beets, Potato Salad, Sandwich Bun, Yogurt, Juice VEG: Vegan Chick'n Strips in Gravy, Herb Stuffing, Italian Mixed Vegetables, Caesar Salad, Roll, Yogurt, Juice</p>	<p>23) HOT: Stir Fried Beef and Peppers, Mashed Potatoes, Spinach, Coleslaw, Roll, Banana, Milk COLD: Chicken Salad Sliders, Green Bean Salad, Cucumber Slices, Banana, Milk VEG: Stir Fried Vegan Beef and Peppers, Mashed Potatoes, Spinach, Coleslaw, Roll, Banana, Milk</p>
<p>26) </p>	<p>27) HOT: Beef Chili w/ Beans, Baby Baked Potato, Green Beans, Cornbread, Yogurt, Juice COLD: Curry Chicken Salad, Brown Rice, Green Pea Salad, Cauliflower w/ Tomatoes, Roll, Yogurt, Juice VEG: Chili w/ Beans, Baby Baked Potato, Green Beans, Cornbread, Yogurt, Juice</p>	<p>28) HOT: Grilled Chicken Parmesan, Bow Tie Pasta w/ Sauce, Sliced Carrots, Cauliflower, Garlic Roll, Milk, Orange  COLD: BLT, Orzo Pasta Salad, Carrot-Raisin Salad, Whole Grain Sandwich Roll, Mustard/Mayo, Milk, Orange VEG: Vegan Chick'n Parmesan, Bow Tie Pasta w/ Sauce, Sliced Carrots, Cauliflower, Garlic Roll, Milk, Orange</p>	<p>29) HOT: Broiled Haddock, Mashed Potatoes, Cucumber & Onion Salad, Broccoli, Roll, Yogurt, Juice COLD: Sesame Noodles w/ Chicken, Green Bean Salad, Coleslaw, Roll, Yogurt, Juice VEG: Vegan Meatballs w/ Gravy, Mashed Potatoes, Cucumber & Onion Salad, Broccoli, Roll, Yogurt, Juice</p>	<p>30) **BIRTHDAY CUPCAKE** HOT: Bone In BBQ Chicken, Mac & Cheese, Collard Greens, Cornbread, Fruit Cocktail, Milk COLD: Tuna Salad Cold Plate, Coleslaw, 3-Bean Salad, Fruit Cocktail, Milk VEG: Vegan BBQ Chick'n, Mac & Cheese, Collard Greens, Cornbread, Fruit Cocktail, Milk</p>

NUTRITION NOTE: Spring is a great time to add more fresh produce into your diet. Fiber is also important and underrated during Spring, as it helps keep you fuller longer and is beneficial for your gut and immune health.