

# March

# BREAKFAST

Unitized K-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Lemon Muffin with Fresh Fruit (VG) <sup>1</sup>	Cinnamon Crumble with Fresh Fruit (VG) <sup>2</sup>	Vanilla Concha Bread with Fresh Fruit (VG) <sup>3</sup>	Yogurt with Educational Snacks and Fresh Fruit (VG) (DF) <sup>4</sup>
Yogurt with Educational Snacks and Fresh Fruit (VG) <sup>7</sup>	Banana Muffin with Fresh Fruit (VG) <sup>8</sup>	Whole Grain Corn Chex with String Cheese and Fresh Fruit (VG) <sup>9</sup>	Zee Zee Cinnamon Crisp Bar with Fresh Fruit <sup>10</sup>	Lemon Muffin with Fresh Fruit (VG) <sup>11</sup>
Zee Zees Berry Apple Crisp Bar with Fresh Fruit (VG) (DF) <sup>14</sup>	Strawberry Pancake Bowl (VG) <sup>15</sup>	French Toast Muffin with Fresh Fruit (VG) <sup>16</sup>	Whole Grain Cheerios with String Cheese and Fresh Fruit (VG) <sup>17</sup>	Yogurt with Educational Snacks and Fresh Fruit (VG) <sup>18</sup>
Yogurt with Educational Snacks and Fresh Fruit (VG) <sup>21</sup>	Banana Muffin with Fresh Fruit (VG) <sup>22</sup>	Whole Grain Corn Chex with String Cheese and Fresh Fruit (VG) <sup>23</sup>	Zee Zees Berry Apple Crisp Bar with Fresh Fruit (VG) (DF) <sup>24</sup>	Lemon Muffin with Fresh Fruit (VG) <sup>25</sup>
Zee Zees Berry Apple Crisp Bar with Fresh Fruit (VG) (DF) <sup>28</sup>	Autumn Spice Muffin with Fresh Fruit (VG) <sup>29</sup>	Blueberry Burst Bagel with Cream Cheese Packet and Fresh Fruit (VG) <sup>30</sup>	Cinnamon Crumble with Fresh Fruit (VG) <sup>31</sup>	

How was your meal? Take our short survey to let us know! Our chefs use your feedback to improve & develop new recipes. You can use the same link every time you eat our food!

[surveymonkey.com/r/meals-survey](https://surveymonkey.com/r/meals-survey)



revolution foods.

This institution is an equal opportunity provider. All grains offered are whole-grain rich.

Choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is served.

**Dairy-Free (DF)**

**Vegetarian (V)**

# March



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Classic Spaghetti and Meatballs with Coin Carrots (DF)	2 Cheese Pizza with Side Salad (VG)	3 Flame-Broiled Beef Burger with Broccoli Florets (DF)	4 Bean & Cheese Burrito with Seasoned Black Beans (VG)
7 Chicken Gumbo and Corn Bread with Baby Carrots Chicken Mumbo with Not So Fried Rice and Diced Carrots (DF)	8 Mac & Cheese with Soyrito, Carrots, Corn and Peas (VG)	9 Cheese Pizza with Steamed Broccoli (VG)	10 Oven Roasted Chicken Sandwich with Seasoned Black Beans (DF)	11 The Revolution Hot Dog with Baby Carrots (DF)
14 Chicken Tamale with Seasoned Rice and Corn (DF)	15 Lone Star BBQ Chicken Sandwich with Diced Carrots (DF)	16 Chicken Jambalaya with Braised Greens (DF)	17 Flame-Broiled Beef Burger with Falafel Tots (DF)	18 Pretzel Nacho Calzoni with Steamed Broccoli (VG)
21 Chicken Gumbo and Corn Bread with Baby Carrots	22 Chicken Fajita Quesadilla with Steamed Garlic Lime Corn and Guacamole Cup	23 Mac & Cheese with Broccoli Florets (VG)	24 Ranchero Chicken con Queso Rice Bake with Seasoned Black Beans	25 The Revolution Hot Dog with Baby Carrots (DF)
28 Chicken Enchiladas with Steamed Lemon Pepper Corn	29 Baked Mac & Cheese and BBQ Chicken Lunch Combo with Baby Carrots	30 Cheese Pizza with Side Salad (VG)	31 Pasta with Zesty Beef and Seasoned Black Beans	

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### Vegetable of the Day

**Dairy-Free (DF) Vegetarian (V)** options available daily – if not listed on the menu, available on request

# March

# SNACK

K-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Educational Snacks w/ String Cheese(VG)	2 String Cheese(VG)	3 Giant Goldfish Cinnamon Grahams(VG)	4 Honey Wheat Crackers w/ string cheese(VG)
7 String Cheese(VG)	8 Lightly Salted Sunflower Seeds(VG) (DF)	9 Educational Snacks w/ String Cheese(VG)	10 Tortilla Scoops Bag with String Cheese (VG)	11 Honey Grahams(VG)
14 Giant Goldfish Cinnamon Grahams(VG)	15 Educational Snacks w/ string cheese(VG)	16 String Cheese(VG)	17 Honey Grahams(VG)	18 Tortilla Scoops Bag with String Cheese (VG)
21 String Cheese(VG)	22 Lightly Salted Sunflower Seeds(VG) (DF)	23 Educational Snacks w/ String Cheese(VG)	24 Tostito Scoops with Fresh Fruit (VG)	25 Honey Grahams(VG)
28 Giant Goldfish Cinnamon Grahams(VG)	29 Educational Snacks(VG)	30 String Cheese (VG)	31 Honey Grahams (VG)	

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Fresh fruit available daily except when fruit juice, string juice or Sunbutter are served.

Dairy-Free (DF)

Vegetarian (V)

Student Favorite ★

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# March

# LUNCH

K-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</b></p> <p>Green Chili Cheese &amp; Bean Quesadilla (VG)</p> <p>Classic Spaghetti and Meatballs (DF)</p> <p>Pizza Please! Pizza Chef Kit (Flat Bread, Pasta Sauce, Mozzarella Cheese) (VG)</p> <p>Egg Salad Sub on Whole Grain Bun (VG)</p> <p>Steamed Carrots</p>	<p><b>2</b></p> <p>Cheese Pizza (VG)</p> <p>Oven Roasted Chicken Sandwich (DF)</p> <p>Chicken Caesar Salad with Whole Grain Croutons Portion Bag, Caesar Dressing Packet and Whole Grain Dinner Roll</p> <p>Classic Turkey &amp; Cheddar Sandwich</p> <p>Cheddar Cheese Sub Sandwich with Yogurt (VG)</p> <p>Braised Greens</p>	<p><b>3</b></p> <p>Flame-Broiled Beef Burger with Honey Wheat Crackers (DF)</p> <p>Chicken Taco Duo</p> <p>Pesto Pasta Salad with Chicken</p> <p>Egg Salad Sub on Whole Grain Bun (VG) (DF)</p> <p>Fresh Celery Sticks</p>	<p><b>4</b></p> <p>Bean &amp; Cheese Burrito (VG)</p> <p>Chicken Teriyaki with Carrot Rice (DF)</p> <p>Sunbutter, Jelly, Sliced Bread with String Cheese (VG)</p> <p>Tuna Sandwich Kit (DF)</p> <p>Black Beans, Edamame, Carrot, Corn</p>
<p><b>7</b></p> <p>Chicken Gumbo and Corn Bread</p> <p>Chicken Mumbo with Not So Fried Rice (DF)</p> <p>Greek Garbanzo Flatbread Sandwich (VG) (DF)</p> <p>Pizza Please! Pizza Chef Kit (Flat Bread, Pasta Sauce, Mozzarella Cheese) (VG)</p> <p>Diced Carrots</p>	<p><b>8</b></p> <p>Flame-Broiled Beef Cheeseburger</p> <p>Mac &amp; Cheese with Soyrizo (VG)</p> <p>Sunbutter, Jelly, Sliced Bread with String Cheese (VG)</p> <p>Classic Turkey &amp; Cheddar Sandwich</p> <p>Chicken Teriyaki with Carrot Rice (DF)</p> <p>Steamed Corn</p>	<p><b>9</b></p> <p>Red Beans and Rice (DF)</p> <p>Cheese Pizza (VG)</p> <p>Garden Ranch Salad with Chicken, Ranch Dressing Packet, Whole Grain Croutons Portion Bag and Whole Grain Dinner Roll</p> <p>Cheddar Cheese Sub Sandwich with Yogurt (VG)</p> <p>Honey Mustard Chicken Wrap</p> <p>Braised Greens</p>	<p><b>10</b></p> <p>Oven Roasted Chicken Sandwich (DF)</p> <p>BBQ Chicken with Cheesy Rice</p> <p>Egg Salad Sub on Whole Grain Bun (VG) (DF)</p> <p>Chicken Salad Sub Sandwich (DF)</p> <p>Pinto Beans</p>	<p><b>11</b></p> <p>Hearty Veggie Chili and Seasoned Rice with Mini Cornbread and Whole Grain Goldfish Cheddar Crackers (VG)</p> <p>The Revolution Hot Dog (DF)</p> <p>Pizza Please! Pizza Chef Kit (Flat Bread, Pasta Sauce, Mozzarella Cheese) (VG)</p> <p>Chillin Chinese Chicken Noodles with Sesame Soy Dressing</p> <p>Fresh Celery Sticks</p>
<p><b>14</b></p> <p>Bean and Cheese Pupusa (VG)</p> <p>Chicken Tamale with Seasoned Rice (DF)</p> <p>Southwest Veggie Wrap with Ranch Dressing Packet (VG)</p> <p>Chicken Salad Sub Sandwich (DF)</p> <p>Green Peas</p>	<p><b>15</b></p> <p>Cheesy Beef &amp; Mild Salsa Nacho Dip with Tortilla Scoops Bag</p> <p>Lone Star BBQ Chicken Sandwich with BBQ Sauce Packet (DF)</p> <p>Pizza Please! Pizza Chef Kit (Flat Bread, Pasta Sauce, Mozzarella Cheese) (VG)</p> <p>Pesto Pasta Salad with Chicken</p> <p>Diced Carrots</p>	<p><b>16</b></p> <p>Cheese Pizza (VG)</p> <p>Chicken Jambalaya (DF)</p> <p>Veggie Chef Salad with Ranch Dressing Packet, Whole Grain Dinner Roll and Whole Grain Croutons Portion Bag (VG)</p> <p>Classic Turkey &amp; Cheddar Sandwich</p> <p>Sunbutter, Jelly, Sliced Bread with String Cheese (VG)</p> <p>Braised Greens</p>	<p><b>17</b></p> <p>Flame-Broiled Beef Burger with Honey Wheat Crackers (DF)</p> <p>Pizza Panada Pie (VG)</p> <p>Tuna Sandwich Kit (DF)</p> <p>Chicken Salad Sub Sandwich (DF)</p> <p>Falafel Tots</p>	<p><b>18</b></p> <p>Pretzel Nacho Calzoni (VG)</p> <p>Sloppy Joe Sandwich (DF)</p> <p>Sesame Chicken Wrap with Sesame Vinaigrette Packet (DF)</p> <p>Turkey, Cheddar &amp; Guacamole Sandwich</p> <p>Fresh Celery Sticks</p>
<p><b>21</b></p> <p>Chicken Gumbo and Corn Bread</p> <p>Chicken Mumbo with Not So Fried Rice (DF)</p> <p>Pizza Please! Pizza Chef Kit (Flat Bread, Pasta Sauce, Mozzarella Cheese) (VG)</p> <p>Greek Garbanzo Flatbread Sandwich (VG) (DF)</p> <p>Baby Carrots</p>	<p><b>22</b></p> <p>Chicken Fajita Quesadilla with Guacamole Cup</p> <p>Vegan Jamaican Calzoni (VG) (DF)</p> <p>Classic Turkey &amp; Cheddar Sandwich</p> <p>Sunbutter, Jelly, Sliced Bread with String Cheese (VG)</p> <p>Steamed Corn</p>	<p><b>23</b></p> <p>Red Beans and Rice (DF)</p> <p>Mac &amp; Cheese (VG)</p> <p>Veggie Taco Salad with Ranch Dressing Packet, Whole Grain Dinner Roll and Tortilla Scoops Bag (VG)</p> <p>Cheddar Cheese Sub Sandwich with Yogurt (VG)</p> <p>Honey Mustard Chicken Wrap (DF)</p> <p>Braised Greens</p>	<p><b>24</b></p> <p>Oven Roasted Chicken Sandwich (DF)</p> <p>Ranchero Chicken con Queso Rice Bake</p> <p>Egg Salad Sub on Whole Grain Bun (VG) (DF)</p> <p>Chicken Salad Sub Sandwich (DF)</p> <p>Pinto Beans</p>	<p><b>25</b></p> <p>Hearty Veggie Chili and Seasoned Rice with Mini Cornbread and Whole Grain Goldfish Cheddar Crackers (VG)</p> <p>The Revolution Hot Dog (DF)</p> <p>Cheese &amp; Taco Hummas Sandwich (VG)</p> <p>Chillin Chinese Chicken Noodles with Sesame Soy Dressing</p> <p>Fresh Celery Sticks</p>
<p><b>28</b></p> <p>Chicken Enchiladas Roja with Seasoned Rice</p> <p>Burrito Soyrizo with Pinto Spread and Guacamole Cup (VG) (DF)</p> <p>Southwest Veggie Wrap with Ranch Dressing Packet (VG)</p> <p>Chicken Salad Sub Sandwich (DF)</p> <p>Steamed Lemon Pepper Corn</p>	<p><b>29</b></p> <p>Lone Star BBQ Chicken Sandwich with BBQ Sauce Packet (DF)</p> <p>Baked Mac &amp; Cheese and BBQ Chicken Lunch Combo</p> <p>Pizza Please! Pizza Chef Kit (Flat Bread, Pasta Sauce, Mozzarella Cheese) (VG)</p> <p>Pesto Pasta Salad with Chicken</p> <p>Steamed Carrots</p>	<p><b>30</b></p> <p>Cheese Pizza (VG)</p> <p>Chicken Jambalaya (DF)</p> <p>Chicken Caesar Salad with Whole Grain Croutons Portion Bag, Caesar Dressing Packet and Whole Grain Dinner Roll</p> <p>Classic Turkey &amp; Cheddar Sandwich</p> <p>Sunbutter, Jelly, Sliced Bread with String Cheese (VG)</p> <p>Braised Greens</p>	<p><b>31</b></p> <p>Flame-Broiled Beef Burger with Honey Wheat Crackers (DF)</p> <p>Pasta with Zesty Beef</p> <p>Tuna Sandwich Kit (DF)</p> <p>Chicken Salad Sub Sandwich (DF)</p> <p>Bean and Cheese Pupusa (VG)</p> <p>Falafel Tots</p>	

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