



**Monday, March 16**

**Vegetarian Option**

Mozzarella Sticks w/ Marinara  
Garlic Knot  
Green Beans  
Peaches  
Tuscan Bean Salad

**Vegan Option**

Southwest Wrap  
Peaches  
Tuscan Bean Salad  
Chocolate Hummus

**Tuesday, March 17**

**Vegetarian Option**

Morning Star Veggie Nuggets  
Mashed Potatoes  
Shamrock Fruit Salad  
Celery & Cucumbers

**Vegan Option**

Morning Star Veggie Nuggets  
Shamrock Fruit Salad  
Celery & Cucumbers

**Wednesday, March 11 13**

**Vegetarian Option**

Tortellini w/Marinara& Garlic Knot  
Roasted Broccoli  
Peach Cup  
Red & Yellow Peppers

**Vegan Option**

Tostitos w/ Bean Salad & salsa  
Roasted Broccoli  
Peach Cup  
Red & Yellow Peppers

**Thursday, March 19**

**Vegetarian Option**

Jamwich  
Ranchero Beans  
Pears  
Carrot Sticks

**Vegan Option**

Jamwich  
Ranchero Beans  
Pears  
Carrot Sticks

**Friday, March 20**

**Vegetarian Option**

Cheese Pizza Slice  
Roasted Broccoli & Carrots  
Chocolate Hummus  
Bagged Apples

**Vegan Option**

Chocolate Hummus w/ fruit and crackers  
Roasted Broccoli & Carrots  
Bagged Apples

**New Menu Look**

*The entrée and sides available are listed daily. When you order the entrée online it will automatically come with sides listed unless you specify otherwise in the comments section of the form. If an item on the regular menu is not listed here, it is not vegetarian or vegan.*

**Monday, March 23**

**Vegetarian Option**

Southwest Wrap  
Sautéed Spinach  
Black Bean Salad  
Applesauce

**Vegan Option**

Southwest Wrap  
Black Bean Salad  
Applesauce

**Tuesday, March 24**

**Vegetarian Option**

Grilled Cheese w/Cheddar Goldfish  
Tomato Soup  
Tuscan Bean Salad  
Fresh Grapes

**Vegan Option**

Bean Burrito w/Salsa  
Tuscan Bean Salad  
Fresh Grapes

**Wednesday, March 25 23**

**Vegetarian Option**

French Toast Sticks  
Fresh Fruit Combo  
Baked Sweet Potatoes  
Celery & Cucumbers

**Vegan Option**

French Toast Sticks  
Chocolate Hummus  
Fresh Fruit Combo  
Celery & Cucumbers

**Thursday, March 26**

**Vegetarian Option**

Cheese Pizza Slice  
Peas & Corn  
Bagged Apples  
Carrot Sticks

**Vegan Option**

Jamwich  
Bagged Apples  
Carrot Sticks

**Friday, March 27**

*No  
School  
Today*

**Monday, March 30**

**Vegetarian Option**

Pizza Dippers w/ Marinara  
Parmesan Green Beans  
Mixed Fruit

**Vegan Option**

Jamwich  
Chocolate Hummus  
Mixed Fruit

**Tuesday, March 31**

**Vegetarian Option**

Homemade Black Bean Burger  
Steam Mixed Veggies  
Pears  
Broccoli & Celery

**Vegan Option**

Homemade Black Bean Burger  
Pears  
Broccoli & Celery

**Wednesday, April 1**

**Vegetarian Option**

Morning Star Veggie Nuggets  
Malibu Vegetable Mix  
Red/Yellow Peppers  
Pineapple & Mandarins

**Vegan Option**

Morning Star Veggie Nuggets  
Red/Yellow Peppers  
Pineapples & Mandarins

**Thursday, April 2**

**Vegetarian Option**

Black Bean, Cheese & Salsa Burrito  
French Fries  
Peaches  
Broccoli & Cherry Tomatoes

**Vegan Option**

Black Bean Burrito with Salsa  
French Fries  
Peaches  
Broccoli & Cherry Toms

**Friday, April 3**

**Vegetarian Option**

Cheese Pizza Slice  
Jack Frost Vegetables  
Bagged Apples

**Vegan Option**

Chocolate Hummus w/ fruit & crackers  
Jack Frost Vegetables  
Bagged Apples



**Q: What can you do with a LEEK?!**

- A. Stick your finger in it until help comes!**  
**B. Call a plumber to fix it!**  
**C. ABANDON SHIP!**  
**D. None of the above**

**A:** The answer is D — none of the above. The other choices are all **LEAKS**, not **LEEKS**! Leeks are mild-flavored veggies related to onions that are often used to flavor soups, but can also be enjoyed sliced and sautéed!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)