

# Menu Calendar Report - March, 2023

Generated on: 2/15/2023 2:17:47 PM by Carolyn Adams

Site: ALL  
 Meal Type: Lunch  
 Site Group: Inspire  
 Menu Line: Pre-K Lunch

Mon	Tue	Wed	Thu	Fri
<b>27 Feb</b>	<b>28 Feb</b>	<b>1 Mar</b>	<b>2 Mar</b>	<b>3 Mar</b>
Classic Hummus Box (79.93 g) Jamaican Jerk Chicken Bowl (3.32 g) Served With: - Rice, brown, oven, steamed (25.51 g) Orange Smiles (11.28 g) Seasoned Black Beans (22.53 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	Flatbread, Mediterranean, Hummus, Rich's 6x6 flatbread (52.41 g) Grain Bowl, Grecian Chicken, Citrus Brown Rice (67.69 g) Served With: - Roasted Chickpeas (garbanzo beans), low sodium canned, drained Salad Bar Fresh Apple Slices (7.00 g) Citrus Glazed Carrots (13.35 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	Bean & Cheese Nachos (44.27 g) Sunbutter & Jelly Sandwich (59.46 g) Spanish Rice (31.64 g) Banana (13.48 g) Roasted Corn (16.82 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	Chicken & Waffles (32.50 g) Rainbow Veggie Chili and Tortilla Chips (42.67 g) Served With: - Tortilla Chips, Tostitos crispy rounds, whole grain (29.45 g) Cinnamon Swirled Apples (10.78 g) Cauliflower (2.66 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g) Pancake & Waffle Syrup (29.00 g)	Baja Fish Tacos (51.76 g) Chana Masala (35.24 g) Served With: - Oven Fired Flatbread, Richs 6x6 whole grain (28.00 g) Banana (26.95 g) Oven Sauteed Spinach (3.19 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)
<b>6 Mar</b>	<b>7 Mar</b>	<b>8 Mar</b>	<b>9 Mar</b>	<b>10 Mar</b>
Grilled Chicken Sandwich (27.00 g) Veggie Burger (33.00 g) Fresh Apple Slices (7.00 g) Seasoned Potato Wedges (22.13 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	Spaghetti and Marinara Sauce (27.32 g) Served With: - Meatballs, Turkey, Homestyle, Fully Cooked, Plain, 1 oz. Sunbutter & Jelly Sandwich (59.46 g) Fresh Pears (27.11 g) Parmesan Green Beans (5.18 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	Asian Noodle Bowl with Broccoli (45.81 g) Traditional Cheeseburger (26.00 g) Orange Smiles (11.28 g) Roasted Broccoli and Carrots (4.95 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)		
<b>13 Mar</b>	<b>14 Mar</b>	<b>15 Mar</b>	<b>16 Mar</b>	<b>17 Mar</b>
Black Bean and Sweet Potato Taco Surprise (88.74 g) Served With: - Salsa, Low-Sodium, Canned, USDA (2.17 g) Mo' Burger (32.00 g) Orange Smiles (11.28 g) Seasoned Black Beans (22.53 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	Glorious Macaroni & Cheese w/ Garlic Knot (35.35 g) Served With: - Garlic Knot, Ripstick (15.02 g) Veggie Lo Mein (61.61 g) Baked Cinnamon Raisin Apples (27.29 g) Citrus Glazed Carrots (13.35 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	Veggie Burger (33.00 g) Veggie Pizza (48.91 g) Diced Bartlett Pears (15.35 g) Parmesan Green Beans (5.18 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	French Toast Sticks (12.09 g) Served With: - Sausage, patty, country, turkey, 1 oz Veggie Tortellini Pasta Salad (22.18 g) Served With: - Cheesy Breadstick (14.01 g) Fresh Apple Slices (7.00 g) Seasoned Potato Wedges (22.13 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g) Pancake & Waffle Syrup (29.00 g)	Chicken Alfredo Macaroni (35.60 g) Served With: - Twisted Breadstick, Ripstick, whole grain (28.41 g) Flatbread, Mediterranean, Hummus, Rich's 6x6 flatbread (52.41 g) Banana (26.95 g) Oven Sauteed Spinach (3.19 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)

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<b>20 Mar</b>	<b>21 Mar</b>	<b>22 Mar</b>	<b>23 Mar</b>	<b>24 Mar</b>
Cheese Lasagna Rollup (42.88 g) Served With: - Twisted Breadstick, Ripstick, whole grain (28.41 g) Lentil Dal (18.56 g) Served With: - Oven Fired Flatbread (Extra Offer) (28.00 g) Diced Peaches (20.48 g) Stewed Chickpeas And Zucchini (18.93 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	Mexican Tinga Chicken (2.71 g) Served With: - Taco Shell, corn, 6-inch, yellow (22.00 g) Veggie Burger (33.00 g) Banana (13.48 g) Pre Seasoned Black Beans (22.53 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	Cheese Pizza (43.00 g) Cauliflower, Chickpea, & Potato Curry (60.08 g) Served With: - Rice, brown, oven, steamed (25.51 g) Orange Smiles (11.28 g) Roasted Broccoli and Carrots (4.95 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	Grilled Chicken Burger, hamburger roll (26.00 g) Veggie Pizza (48.91 g) Fresh Blueberries (10.72 g) Steamed Corn (16.41 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	Bean & Cheese Nachos (44.27 g) Fajita Vegetable Quesadilla (38.73 g) Fresh Apple Slices (7.00 g) Mex Roasted Sweet Potatoes (24.37 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)
<b>27 Mar</b>	<b>28 Mar</b>	<b>29 Mar</b>	<b>30 Mar</b>	<b>31 Mar</b>
Glorious Macaroni & Cheese w/ Garlic Knot (35.35 g) Served With: - Garlic Knot, Ripstick (15.02 g) Veggie Pizza (48.91 g) Tangerines, (mandarin oranges), raw, whole, 150 CT (9.98 g) Roasted Tuscan Vegetables (10.50 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	Grain Bowl, Grecian Chicken, Citrus Brown Rice (67.69 g) Rainbow Veggie Chili and Tortilla Chips (42.67 g) Served With: - Dinner Roll, Richs, 2.5 oz (29.00 g) Fresh Blueberries (10.72 g) Green Peas (13.01 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	Chicken Cordon Bleu Burge (25.50 g) Veggie Tortellini Pasta Salad (22.18 g) Served With: - Cheesy Breadstick (14.01 g) Nectarine, Fresh (14.98 g) Basil Corn Salad (16.85 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	Butter Chicken (6.34 g) Served With: - HS Brown Rice (25.51 g) Asian Noodle Bowl with Broccoli (45.81 g) Fresh Apple Slices (7.00 g) Roasted Broccoli and Carrots (4.95 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	Garden Wrap w/Black Beans - Vegan (36.00 g) Veggie Pizza (48.91 g) Unsweetened Applesauce (12.58 g) Collard Greens (15.00 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)

Carbohydrate values in grams follow the Menu Item name