

Menu Calendar Report - March, 2023

Generated on: 2/15/2023 2:16:43 PM by Carolyn Adams

Site: ALL
 Meal Type: Lunch
 Site Group: Inspire
 Menu Line: INS-Foodprints

Mon	Tue	Wed	Thu	Fri
27 Feb	28 Feb	1 Mar	2 Mar	3 Mar
BBQ Sloppy Joe Vegan (73.34 g) 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) Unsweetened Applesauce (12.58 g) Garden Bar (11.38 g) Mex Roasted Sweet Potatoes (24.37 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) Hearty Garden Salad (22.99 g) Served With: - Dinner Roll, Richs, 2.5 oz (29.00 g) Spicy Crispy Chicken Sandwich (41.00 g) Grain Bowl, Grecian Chicken, Citrus Brown Rice (67.69 g) Chickpeas Fresh Whole Apple (25.13 g) Red Seedless Grapes (15.64 g) Citrus Glazed Carrots (13.35 g) Fiesta Potatoes (24.84 g) Garden Bar (11.38 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) Chicken Caesar Wrap (32.34 g) Sunbutter & Jelly Sandwich (59.46 g) Banana (26.95 g) Tangerines, (mandarin oranges), raw, whole, 150 CT (9.98 g) Garden Bar (11.38 g) Parmesan Green Beans (5.18 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) Served With: - Pancake & Waffle Syrup, PC (29.00 g) Greek Salad (62.30 g) Served With: - Dinner Roll, Richs, 2.5 oz (29.00 g) Rainbow Veggie Chili and Tortilla Chips (42.67 g) Served With: - Tortilla Chips, Tostitos crispy rounds, whole grain (29.45 g) Baked Cinnamon Raisin Apples (27.29 g) Fresh Pears (27.11 g) Cauliflower (2.66 g) Garden Bar (11.38 g) Seasoned 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)	Baja Fish Tacos (51.76 g) Chana Masala (35.24 g) Served With: - Oven Fired Flatbread, Richs 6x6 whole grain (28.00 g) Tuna Salad Sandwich, tuna salad, hamburger bun (28.87 g) Chicken & Waffles (32.50 g) Banana (26.95 g) Tangerines, (mandarin oranges), raw, whole, 150 CT (9.98 g) Garden Bar (11.38 g) Mexican Black Beans (16.19 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) Pancake & Waffle Syrup (29.00 g)
6 Mar	7 Mar	8 Mar	9 Mar	10 Mar
Grilled Chicken Sandwich (27.00 g) Tuna Salad Sandwich, tuna salad, hamburger bun (28.87 g) Veggie Burger (33.00 g) Fresh Whole Apple (25.13 g) Red Seedless Grapes (15.64 g) Oven Sauteed Spinach (3.19 g) Seasoned Potato Wedges (22.13 g) Super Side Salad (10.09 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 Cheese Sandwich (30.96 g) Spaghetti and Marinara Sauce (27.32 g) Served With: - Cheesy Breadstick (14.01 g) - Meatballs, Turkey, Homestyle, Fully Cooked, Plain, 1 oz. Sunbutter & Jelly Sandwich (59.46 g) Fresh Blueberries (10.72 g) Fresh Pears (27.11 g) Parmesan Green Beans (2.59 g) Roasted Tuscan Vegetables (10.50 g) Super Side Salad (10.09 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) Chicken Salad Sandwich (34.28 g) Traditional Cheeseburger (26.00 g) Fresh Whole Apple (25.13 g) Orange Smiles (11.28 g) Roasted Broccoli and Carrots (4.95 g) Super Side Salad (10.09 g) Sweet Plantains (37.01 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)		

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13 Mar	14 Mar	15 Mar	16 Mar	17 Mar
Black Bean and Sweet Potato Taco Surprise (88.74 g) Served With: - Salsa, Low-Sodium, Canned, USDA (2.17 g) Classic Hummus Box (79.93 g) Jamaican Jerk Chicken Bowl (3.32 g) Served With: - Rice, brown, oven, steamed (25.51 g) Diced Bartlett Pears (15.35 g) Orange Smiles (11.28 g) Seasoned Black Beans (22.53 g) Super Side Salad (10.09 g) Sweet Plantains (37.01 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	Glorious Macaroni & Cheese w/ Garlic Knot (35.35 g) Served With: - Garlic Knot, Ripstick (15.02 g) Hearty Garden Salad (22.99 g) Served With: - Dinner Roll, Richs, 2.5 oz (29.00 g) Veggie Lo Mein (61.61 g) Baked Cinnamon Raisin Apples (27.29 g) Tangerines, (mandarin oranges), raw, whole, 150 CT (9.98 g) Citrus Glazed Carrots (13.35 g) Garden Side Salad (4.25 g) Super Side Salad (10.09 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	Buffalo Chicken Pizza (43.99 g) Chicken Caesar Wrap (32.34 g) Veggie Burger (33.00 g) Green Seedless Grapes (16.42 g) Mixed Fruit (15.80 g) Fresh Tomato and Cucumber Salad (1.69 g) Parmesan Green Beans (5.18 g) Super Side Salad (10.09 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 Greek Salad (62.30 g) Served With: - Oven Fired Flatbread, Richs 6x6 whole grain (28.00 g) Veggie Tortellini Pasta Salad (22.18 g) Served With: - Cheesy Breadstick (14.01 g) Fresh Whole Apple (25.13 g) Orange Smiles (11.28 g) Caesar Side Salad (5.61 g) Seasoned Potato Wedges (22.13 g) Super Side Salad (10.09 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) Tuna Salad Sandwich, tuna salad, hamburger bun (28.87 g) Banana (26.95 g) Tangerines, (mandarin oranges), raw, whole, 150 CT (9.98 g) Blue Ribbon Slaw (10.36 g) Oven Sautéed Spinach (3.19 g) Super Side Salad (10.09 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)
	21 Mar	22 Mar	23 Mar	24 Mar
	Large Spinach Salad (16.82 g) Served With: - Oven Fired Flatbread, Richs 6x6 whole grain (28.00 g) Mexican Tinga Chicken (2.71 g) Served With: - Taco Shell, corn, 6-inch, yellow (22.00 g) Veggie Burger (33.00 g) Baked Cinnamon Raisin Apples (27.29 g) Banana (26.95 g) Pre Seasoned Black Beans (22.53 g) Super Side Salad (10.09 g) Sweet Plantains (37.01 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	Cauliflower, Chickpea, & Potato Curry (60.08 g) Served With: - Rice, brown, oven, steamed (25.51 g) Falafel & Vegetable Sub (27.14 g) Old School Cheese Pizza (34.00 g) Orange Smiles (11.28 g) Red Seedless Grapes (15.64 g) Caesar Side Salad (5.61 g) Roasted Broccoli and Carrots (4.95 g) Super Side Salad (10.09 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	Buffalo Chicken Wrap (32.76 g) Turkey Dog (28.00 g) Veggie Pizza (48.91 g) Diced Peaches (20.48 g) Fresh Blueberries (10.72 g) Oven Sautéed Spinach (3.19 g) Steamed Corn (16.41 g) Super Side Salad (10.09 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) Sunbutter & Jelly Sandwich (59.46 g) Fresh Whole Apple (25.13 g) Mixed Fruit (15.80 g) Fresh Tomato and Cucumber Salad (1.69 g) Mex Roasted Sweet Potatoes (24.37 g) Super Side Salad (10.09 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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20 Mar			
Cheese Lasagna Rollup (42.88 g) Served With: - Twisted Breadstick, Ripstick, whole grain (28.41 g) Chicken Salad Sub Sandwich (35.47 g) Lentil Dal (18.56 g) Served With: - Oven Fired Flatbread, Richs 6x6 whole grain (28.00 g) Orange Smiles (11.28 g) Red Seedless Grapes (15.64 g) Mixed Garden Vegetables (11.21 g) Stewed Chickpeas And Zucchini (18.93 g) Super Side Salad (10.09 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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27 Mar	28 Mar	29 Mar	30 Mar	31 Mar
Glorious Macaroni & Cheese w/ Garlic Knot (35.35 g) Served With: - Garlic Knot, Ripstick (15.02 g) Hearty Garden Salad (22.99 g) Served With: - Tortilla Chips, Tostitos crispy rounds, whole grain (28.35 g) Veggie Pizza (48.91 g) Diced Bartlett Pears (15.35 g) Tangerines, (mandarin oranges), raw, whole, 150 CT (9.98 g) Caesar Side Salad (5.61 g) Roasted Tuscan Vegetables (10.50 g) Super Side Salad (10.09 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g) Ketchup, Heinz PC (3.00 g) Mayonnaise (1.00 g) Yellow Mustard PC (0.23 g)	Egg Salad Sandwich (30.69 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) Diced Peaches (20.48 g) Fresh Blueberries (10.72 g) Garlic Whipped Potatoes (16.29 g) Green Peas (13.01 g) Super Side Salad (10.09 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) Classic Hummus Box (79.93 g) Veggie Tortellini Pasta Salad (22.18 g) Served With: - Cheesy Breadstick (14.01 g) Mixed Fruit (15.80 g) Nectarine, Fresh (14.98 g) Basil Corn Salad (16.85 g) Super Side Salad (10.09 g) Sweet Plantains (37.01 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	Asian Noodle Bowl with Broccoli (45.81 g) Butter Chicken (6.34 g) Served With: - HS Brown Rice (25.51 g) Jerk Chicken Wrap (35.27 g) Fresh Whole Apple (25.13 g) Green Seedless Grapes (16.42 g) Garden Side Salad (4.25 g) Roasted Broccoli and Carrots (4.95 g) Super Side Salad (10.09 g) Lactaid Milk (13.00 g) Lowfat 1% White Milk (13.00 g) Skim Milk, White (12.49 g) Soy Milk (17.00 g)	Buffalo Chicken Pizza (43.99 g) Chicken Salad Sandwich (34.28 g) Garden Wrap w/Black Beans - Vegan (36.00 g) Fresh Pears (27.11 g) Unsweetened Applesauce (12.58 g) Collard Greens (15.00 g) Seasoned Black Beans (22.53 g) Super Side Salad (10.09 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