

LUNCH MENU

March 24–28, 2025

MENU A: Regular

MENU B: Vegetarian

Mon.
March 24

Main: Chicken nuggets
Sides: Yellow rice, carrot sticks, yogurt, banana
Contains: Eggs, milk, soy, wheat, chicken

Main: Veggie nuggets
Sides: Yellow rice, carrot sticks, yogurt, banana
Contains: Eggs, milk, soy, wheat

Tues.
March 25

Main: Spaghetti
Sides: Wheat dinner roll, sliced apple, yogurt, cookie
Contains: Eggs, milk, soy, wheat, dairy

Main: Spaghetti
Sides: Wheat dinner roll, sliced apple, yogurt, cookie
Contains: Eggs, milk, soy, wheat, dairy

Wed.
March 26

Main: Grilled chicken sandwich
Sides: Fries, yogurt, sliced cucumber, clementines
Contains: Dairy, wheat, chicken

Main: Grilled veggie chicken sandwich
Sides: Fries, yogurt, sliced cucumber, clementines
Contains: Dairy, wheat

Thurs.
March 27

Main: Cheese pizza
Sides: Grapes, carrot sticks, yogurt, cookie
Contains: Wheat, dairy, eggs, soy, dairy

Main: Cheese pizza
Sides: Grapes, carrot sticks, yogurt, cookie
Contains: Wheat, dairy, eggs, soy, dairy

Fri.
March 28

Main: Macaroni and cheese
Sides: Grilled chicken strips, BBQ sauce, apple slices, yogurt
Contains: Wheat, milk, egg, soy, chicken

Main: Macaroni and cheese
Sides: Baked beans, apple slices, yogurt
Contains: Wheat, milk, egg, soy

Monday
March 24

INGREDIENTS LIST

MENU A: Regular

Chicken Nuggets

Boneless Skinless Chicken Breast Chunks, Water, Chicken Flavor [modified Rice Starch, Maltodextrin, Hydrolyzed Soy Protein, Flavor, Chicken Fat, Tapioca Dextrin, Onion Juice Concentrate, Autolyzed Yeast Extract, Salt, Contains Less Than 2% (chicken Broth, Citric Acid, Dextrin, Disodium Guanylate, Disodium Inosinate, Disodium Phosphate, Dried Chicken, Lactic Acid, Modified Corn Starch, Pectin, Smoke Flavor, Succinic Acid, Sugar, Thiamine Hydrochloride)], Modified Food Starch, Vinegar, Sodium Phosphates, Salt. Breaded And Battered With: Wheat Flour, Water, Modified Corn Starch, Salt, Leavening (sodium Acid Pyrophosphate, Sodium Bicarbonate), Soybean Oil (as A Processing Aid), Spices (including Celery Seed), Soy Flour, Garlic Powder, Onion Powder, Extractives Of Paprika. Predusted With: Wheat Flour, Wheat Gluten, Salt, Soybean Oil (as A Processing Aid), Spices (including Celery Seed), Soy Flour, Garlic Powder, Onion Powder, Extractives Of Paprika. Breeding Set In Vegetable Oil.

Contains: Soy, Wheat

Yellow rice

Long Grain Parboiled Rice Enriched With Iron (ferric Phosphate), Niacin, Thiamine Mononitrate & Folic Acid, Dehydrated Vegetables (onion, Bell Pepper, Garlic, Tomatoes), Salt, Potassium Chloride, Maltodextrin, Sugar, Dextrose, Chicken Fat, Chicken Meat Poder, Yellow#5, Autolyzed Yeast, Disodium Guanylate And Inosinate, Ground Turmeric,

Contains: Silicon Dioxide (anticaking), Palm Oil And Saffron.

Yogurt

Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch, Nonfat Milk. Contains 1% Or Less Of: Kosher Gelatin, Tricalcium Phosphate, Natural Flavor, Potassium Sorbate Added To Maintain Freshness, Vitamin A Acetate, Vitamin D3.

Contains: Milk

MENU B: Vegetarian

Veggie Nuggets

Water, Enriched Wheat Flour (wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Gluten, Modified Corn Starch, Methylcellulose, Pea Protein*, 2% Or Less Of Potato Starch, Expeller-pressed Canola Oil, Natural Flavors, Rice Flour, Salt, Coconut Oil, Onion Powder, Cellulose Fiber, Yeast Extract, Spices, Dried Garlic, Oat Bran, Dried Yeast, Paprika, Sugar, Garlic Powder, Potassium Salt, Oat Fiber, Leavening (sodium Acid Pyrophosphate, Baking Soda), Dried Onion, Dextrose, Citric Acid. Contains: Wheat May Contain: Soybean Oil, Wheat Gluten, Paprika, Spices, Dextrose, Leavening [sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate], Sugar, Sunflower Oil, Dried Onion, Dried Garlic, Yeast Extract, Natural Flavors, Soy), Flavoring (wheat Flour, Sugar, Sea Salt, Dried Yeast), Vital Wheat Gluten, Modified Corn Starch, Natural Flavors, Expeller-pressed Canola Oil, Pea Starch, Methylcellulose, And 1% Or Less Of Yeast Extract, Refined Coconut Oil, Salt, Garlic Powder, Onion Powder, Sodium Phosphates, Spices, Titanium Dioxide (for Color), Sunflower Lecithin.

Contains: Soy, Wheat

Yellow rice

Long Grain Parboiled Rice Enriched With Iron (ferric Phosphate), Niacin, Thiamine Mononitrate & Folic Acid, Dehydrated Vegetables (onion, Bell Pepper, Garlic, Tomatoes), Salt, Potassium Chloride, Maltodextrin, Sugar, Dextrose, Chicken Fat, Chicken Meat Poder, Yellow#5, Autolyzed Yeast, Disodium Guanylate And Inosinate, Ground Turmeric,

Contains: Silicon Dioxide (anticaking), Palm Oil And Saffron.

Yogurt

Cultured Nonfat Milk, Blueberries, Cane Sugar, Water, Fruit Pectin, Natural Flavors, Guar Gum, Locust Bean Gum, Lemon Juice Concentrate. Contains Live And Active Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei And L. Rhamnosus.

Contains: Milk

Tuesday
March 25

INGREDIENTS LIST

MENU A: Regular

Spaghetti

Durum Wheat Semolina, Niacin, Iron (ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid.

Contains: Wheat

Marinara Sauce

Tomatoes, Tomato Puree, Soybean Oil, Sucrose, Sea Salt, Dehydrated Onion, Dehydrated Garlic, Spices, Citric Acid, Natural Flavors.

Wheat Dinner Roll

Unbleached Enriched Flour (wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Stoneground Whole Wheat Flour, Contains 2% Or Less Of The Following: Sugar, Soybean Oil, Salt, Yeast, Brown Sugar, Calcium Propionate (preservative), Wheat Starch, Enzymes, Ascorbic Acid.

Contains: Soy, Wheat

Yogurt

Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch, Nonfat Milk. Contains 1% Or Less Of: Kosher Gelatin, Tricalcium Phosphate, Natural Flavor, Potassium Sorbate Added To Maintain Freshness, Vitamin A Acetate, Vitamin D3.

Contains: Milk

Chocolate Chip Cookie

Enriched Wheat Flour (wheat, Barley, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chocolate Chunks (sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla, Salt), Sugar, Brown Sugar, Margarine (vegetable Oil Blend [palm Fruit, Soybean And Olive Oils], Water, Salt, Non-fat Dry Milk, Soy Lecithin, Monoglycerides, Natural Flavor, Vitamin A Palmitate, Beta Carotene Color), Butter, Eggs, Hershey's Milk Chocolate Kisses (sugar, Chocolate, Skim Milk, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavor), Milk Chocolate Chunks (sugar, Milk Powder, Cocoa Butter, Unsweetened Chocolate Processed With Alkali, Dextrose, Milk Fat, Soy Lecithin, Vanillin), Invert Sugar, Soy Flour, Salt, Baking Soda, Artificial Vanilla Flavor.

Contains: Egg, Milk, Soy, Wheat

MENU B: Vegetarian

Spaghetti

Durum Wheat Semolina, Niacin, Iron (ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid.

Contains: Wheat

Marinara Sauce

Tomatoes, Tomato Puree, Soybean Oil, Sucrose, Sea Salt, Dehydrated Onion, Dehydrated Garlic, Spices, Citric Acid, Natural Flavors.

Wheat Dinner Roll

Unbleached Enriched Flour (wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Stoneground Whole Wheat Flour, Contains 2% Or Less Of The Following: Sugar, Soybean Oil, Salt, Yeast, Brown Sugar, Calcium Propionate (preservative), Wheat Starch, Enzymes, Ascorbic Acid.

Contains: Soy, Wheat

Yogurt

Cultured Nonfat Milk, Blueberries, Cane Sugar, Water, Fruit Pectin, Natural Flavors, Guar Gum, Locust Bean Gum, Lemon Juice Concentrate. Contains Live And Active Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei And L. Rhamnosus.

Contains: Milk

Chocolate Chip Cookie

Enriched Wheat Flour (wheat, Barley, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chocolate Chunks (sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla, Salt), Sugar, Brown Sugar, Margarine (vegetable Oil Blend [palm Fruit, Soybean And Olive Oils], Water, Salt, Non-fat Dry Milk, Soy Lecithin, Monoglycerides, Natural Flavor, Vitamin A Palmitate, Beta Carotene Color), Butter, Eggs, Hershey's Milk Chocolate Kisses (sugar, Chocolate, Skim Milk, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavor), Milk Chocolate Chunks (sugar, Milk Powder, Cocoa Butter, Unsweetened Chocolate Processed With Alkali, Dextrose, Milk Fat, Soy Lecithin, Vanillin), Invert Sugar, Soy Flour, Salt, Baking Soda, Artificial Vanilla Flavor.

Contains: Egg, Milk, Soy, Wheat

Wednesday
March 26

INGREDIENTS LIST

MENU A: Regular

Grilled Chicken

Chicken Breast Fillets With Rib Meat, Water, Contains 2% Or Less Of Salt, Isolated Soy Protein, Modified Food Starch, Sodium Phosphates, Corn Syrup Solids, Maltodextrin, Carrageenan, Chicken Broth, Chicken Fat And Natural Flavoring, Grill Flavor (contains Soybean Oil).

Contains: Soy

Sandwich Bun

Unbleached Enriched Flour (wheat Flour, Malted Barley flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, yeast, Palm Oil And/or Modified Palm Oil, Contains 2% Or Less Of The following: Oat Flour, Soybean Oil, Wheat Protein Isolate, Salt, Potato Flakes, potato Flour, Natural & Artificial Flavors, Calcium Propionate (preservative), spices (turmeric & Paprika), Potassium Sorbate (preservative), Wheat starch, Sodium Alginate, Sunflower Lecithin, Sunflower And/or Canola Oil, pea Protein, Potato Protein, Fava Bean Protein, Dextrose, Maltodextrins, cornstarch, Enzymes, Ascorbic Acid.

Contains: Wheat

Fries

Potatoes, Vegetable Oil (contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Potato Starch - Modified. Contains 2% Or Less Of Dextrin, Dextrose, Leavening (sodium Acid Pyrophosphate, Sodium Bicarbonate), Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Color, Xanthan Gum. ingredientes: Papas, Aceite Vegetal (contiene Uno O Más De Los Siguietes Aceites: Canola, Soya, Semilla De Algodón, Girasol, Maíz), Almidón De Papa Modificado. Contiene 2% O Menos De Dextrina, Dextrosa, Polvos Para Hornear (pirofosfato Ácido De Sodio, Bicarbonato De Sodio), Harina De Arroz, Sal, Pirofosfato Ácido De Sodio Agregado Para Mantener El Color, Goma Xantan

Yogurt

Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch, Nonfat Milk. Contains 1% Or Less Of: Kosher Gelatin, Tricalcium Phosphate, Natural Flavor, Potassium Sorbate Added To Maintain Freshness, Vitamin A Acetate, Vitamin D3.

Contains: Milk

MENU B: Vegetarian

Grilled Vegetarian Chicken

Water, Soy Protein Isolate, Vital Wheat Gluten, Canola Oil, 2% Or Less Of: Methylcellulose, ancient Grain Flour (khorasan Wheat), Salt, Potato Starch, Natural Flavors, Sugar, Yeast Extract, titanium Dioxide (color), Black Pepper, Lactic Acid, Sunflower Oil.

Contains: Soy, Wheat

Sandwich Bun

Unbleached Enriched Flour (wheat Flour, Malted Barley flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, yeast, Palm Oil And/or Modified Palm Oil, Contains 2% Or Less Of The following: Oat Flour, Soybean Oil, Wheat Protein Isolate, Salt, Potato Flakes, potato Flour, Natural & Artificial Flavors, Calcium Propionate (preservative), spices (turmeric & Paprika), Potassium Sorbate (preservative), Wheat starch, Sodium Alginate, Sunflower Lecithin, Sunflower And/or Canola Oil, pea Protein, Potato Protein, Fava Bean Protein, Dextrose, Maltodextrins, cornstarch, Enzymes, Ascorbic Acid.

Contains: Wheat. Made with BE ingredients.

Fries

Potatoes, Vegetable Oil (contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Potato Starch - Modified. Contains 2% Or Less Of Dextrin, Dextrose, Leavening (sodium Acid Pyrophosphate, Sodium Bicarbonate), Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Color, Xanthan Gum. ingredientes: Papas, Aceite Vegetal (contiene Uno O Más De Los Siguietes Aceites: Canola, Soya, Semilla De Algodón, Girasol, Maíz), Almidón De Papa Modificado. Contiene 2% O Menos De Dextrina, Dextrosa, Polvos Para Hornear (pirofosfato Ácido De Sodio, Bicarbonato De Sodio), Harina De Arroz, Sal, Pirofosfato Ácido De Sodio Agregado Para Mantener El Color, Goma Xantan

Yogurt

Cultured Nonfat Milk, Blueberries, Cane Sugar, Water, Fruit Pectin, Natural Flavors, Guar Gum, Locust Bean Gum, Lemon Juice Concentrate. Contains Live And Active Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei And L. Rhamnosus.

Contains: Milk

Thursday
March 27

INGREDIENTS LIST

MENU A: Regular

Cheese Pizza

Crust- Soft Wheat Flour, Water, Extra Virgin Olive Oil, Sunflower Oil, Salt, Yeast.

Cheese- Low Moisture Mozzarella Cheese (pasteurized Milk, Cheese Cultures, Salt, Enzymes), Low Moisture Part Skim Mozzarella Cheese (pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Unsmoked Provolone Cheese (pasteurized Milk, Cheese Cultures, Salt, Enzymes), Parmesan Cheese (pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Romano Cheese Made With Cow's Milk (pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking), Natamycin (a Natural Mold Inhibitor).

Marinara Sauce -Tomatoes, Tomato Puree, Soybean Oil, Sucrose, Sea Salt, Dehydrated Onion, Dehydrated Garlic, Spices, Citric Acid, Natural Flavors.

Contains: Wheat, Milk

Yogurt

Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch, Nonfat Milk. Contains 1% Or Less Of: Kosher Gelatin, Tricalcium Phosphate, Natural Flavor, Potassium Sorbate Added To Maintain Freshness, Vitamin A Acetate, Vitamin D3.

Contains: Milk

Chocolate Chip Cookie

Enriched Wheat Flour (wheat, Barley, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chocolate Chunks (sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla, Salt), Sugar, Brown Sugar, Margarine (vegetable Oil Blend [palm Fruit, Soybean And Olive Oils], Water, Salt, Non-fat Dry Milk, Soy Lecithin, Monoglycerides, Natural Flavor, Vitamin A Palmitate, Beta Carotene Color), Butter, Eggs, Hershey's Milk Chocolate Kisses (sugar, Chocolate, Skim Milk, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavor), Milk Chocolate Chunks (sugar, Milk Powder, Cocoa Butter, Unsweetened Chocolate Processed With Alkali, Dextrose, Milk Fat, Soy Lecithin, Vanillin), Invert Sugar, Soy Flour, Salt, Baking Soda, Artificial Vanilla Flavor.

Contains: Eggs, Milk, Soy, Wheat

MENU B: Vegetarian

Cheese Pizza

Crust- Soft Wheat Flour, Water, Extra Virgin Olive Oil, Sunflower Oil, Salt, Yeast.

Cheese- Low Moisture Mozzarella Cheese (pasteurized Milk, Cheese Cultures, Salt, Enzymes), Low Moisture Part Skim Mozzarella Cheese (pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Unsmoked Provolone Cheese (pasteurized Milk, Cheese Cultures, Salt, Enzymes), Parmesan Cheese (pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Romano Cheese Made With Cow's Milk (pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking), Natamycin (a Natural Mold Inhibitor).

Marinara Sauce -Tomatoes, Tomato Puree, Soybean Oil, Sucrose, Sea Salt, Dehydrated Onion, Dehydrated Garlic, Spices, Citric Acid, Natural Flavors.

Contains: Wheat, Milk

Yogurt

Cultured Nonfat Milk, Blueberries, Cane Sugar, Water, Fruit Pectin, Natural Flavors, Guar Gum, Locust Bean Gum, Lemon Juice Concentrate. Contains Live And Active Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei And L. Rhamnosus.

Contains: Milk

Chocolate Chip Cookie

Enriched Wheat Flour (wheat, Barley, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chocolate Chunks (sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla, Salt), Sugar, Brown Sugar, Margarine (vegetable Oil Blend [palm Fruit, Soybean And Olive Oils], Water, Salt, Non-fat Dry Milk, Soy Lecithin, Monoglycerides, Natural Flavor, Vitamin A Palmitate, Beta Carotene Color), Butter, Eggs, Hershey's Milk Chocolate Kisses (sugar, Chocolate, Skim Milk, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavor), Milk Chocolate Chunks (sugar, Milk Powder, Cocoa Butter, Unsweetened Chocolate Processed With Alkali, Dextrose, Milk Fat, Soy Lecithin, Vanillin), Invert Sugar, Soy Flour, Salt, Baking Soda, Artificial Vanilla Flavor.

Contains: Eggs, Milk, Soy, Wheat

Friday
March 28

INGREDIENTS LIST

MENU A: Regular

Macaroni and Cheese

Water, Enriched Macaroni (wheat Flour, Egg Whites, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Pasteurized Process Cheese Spread (american Cheese [milk, Cultures, Salt, Enzymes], Water, Whey, Sodium Phosphate, Whey Protein Concentrate, Skim Milk, Salt, Milk Fat, Paprika Oleoresin [color], Annatto [color]), Cheddar Cheese (milk, Cultures, Salt, Enzymes), Canola Oil, Contains Less Than 2% Of: Wheat Flour, Modified Food Starch, Cheddar Cheese (cultured Milk, Salt, Enzymes), Sugar, Salt, Soy Protein Concentrate, Paprika Extract For Color, Natural Flavor, Beta Carotene.

Contains: Wheat, Egg, Milk, Soy

Grilled Chicken Strips

Boneless, Skinless Chicken Breasts With Rib Meat, Water, Modified Food Starch, Vinegar, Salt, Sodium Phosphates, Seasoning [flavors, Maltodextrin, Sugar, Salt, Vegetable Stock (carrot, Onion, Celery), Garlic Powder].

BBQ Sauce

Distilled White Vinegar, Sugar, Tomato Paste, Water, Blackstrap Molasses, Modified Food Starch, Salt, Contains Less Than 2% Of Pineapple Juice Concentrate, Natural Smoke Flavor, Spices, Molasses, Tamarind Extract, Sodium Benzoate (preservative), Onion Powder, Garlic Powder.

Yogurt

Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch, Nonfat Milk. Contains 1% Or Less Of: Kosher Gelatin, Tricalcium Phosphate, Natural Flavor, Potassium Sorbate Added To Maintain Freshness, Vitamin A Acetate, Vitamin D3.

Contains: Milk

MENU B: Vegetarian

Macaroni and Cheese

Water, Enriched Macaroni (wheat Flour, Egg Whites, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Pasteurized Process Cheese Spread (american Cheese [milk, Cultures, Salt, Enzymes], Water, Whey, Sodium Phosphate, Whey Protein Concentrate, Skim Milk, Salt, Milk Fat, Paprika Oleoresin [color], Annatto [color]), Cheddar Cheese (milk, Cultures, Salt, Enzymes), Canola Oil, Contains Less Than 2% Of: Wheat Flour, Modified Food Starch, Cheddar Cheese (cultured Milk, Salt, Enzymes), Sugar, Salt, Soy Protein Concentrate, Paprika Extract For Color, Natural Flavor, Beta Carotene.

Contains: Wheat, Egg, Milk, Soy

Baked Beans

TPrepared Navy Beans, Water, Brown Sugar. Contains 2% Or Less Of: Salt, Mustard (water, Vinegar, Mustard Seed, Salt, Paprika, Turmeric), Modified Corn Starch, Onion Powder, Caramel Color, Spice, Garlic Powder, Natural Flavor.

Yogurt

Cultured Nonfat Milk, Blueberries, Cane Sugar, Water, Fruit Pectin, Natural Flavors, Guar Gum, Locust Bean Gum, Lemon Juice Concentrate. Contains Live And Active Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei And L. Rhamnosus.

Contains: Milk