



March Vegetarian Lunch Menu

BISHOP JOHN WALKER

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

Student's choice of skim or 1% plain milk provided at every meal.

This institution is an equal opportunity provider.



It's National Nutrition Month!

Celebrate National Nutrition Month at your school!

- Come **on time** to school so you can eat breakfast!
- Eat your fruits **and** vegetables at lunch!
- Drink water **every day!**
- Try **two** new vegetables this month!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <ul style="list-style-type: none"> • grilled cheese on whole wheat bread • baby carrots & cucumber coins with house ranch dressing • fresh pear 	<p>3 taco tuesday</p> <ul style="list-style-type: none"> • cheese quesadilla in a whole wheat tortilla • chili black beans • tomato salsa • fresh orange wedges 	<p>4</p> <ul style="list-style-type: none"> • veggie chik'n nuggets • whole grain waffles with all natural syrup • braised collard greens • steamed corn • fresh banana 	<p>5</p> <ul style="list-style-type: none"> • powered up pasta with chickpeas • steamed broccoli • cinnamon roasted butternut squash • fresh cantaloupe wedge 	<p>6</p> <ul style="list-style-type: none"> • veggie chik'n nuggets • whole grain cornbread muffin • mashed potatoes • sautéed green beans • fresh apple slices
<p>9</p> <ul style="list-style-type: none"> • whole grain cheese pizza • side caesar salad with parmesan cream dressing • buffalo cauliflower • fresh pear 	<p>10</p> <ul style="list-style-type: none"> • sofritas tofu with cilantro-lime brown rice • chili black beans • tomato salsa • fresh orange wedges 	<p>11</p> <ul style="list-style-type: none"> • whole wheat mac & cheese • steamed broccoli • sweet potato fries • fresh banana 	<p>12</p> <ul style="list-style-type: none"> • lentil shepherd's pie with mashed potatoes • whole grain cornbread muffin • buttered green peas • fresh cantaloupe wedge 	<p>13</p> <ul style="list-style-type: none"> • veggie chik'n nuggets • whole wheat roll • baby carrots & celery sticks with house ranch dressing • fresh apple slices
<p>16</p> <ul style="list-style-type: none"> • veg out chili • whole grain tortilla chips • romaine salad with diced tomatoes & honey lime dressing • fresh pear 	<p>17</p> <ul style="list-style-type: none"> • veggie chik'n nuggets • brown rice • steamed carrots • southern cabbage • fresh orange wedges 	<p>18</p> <ul style="list-style-type: none"> • veggie burger on a whole wheat bun • ketchup & mustard • bbq baked beans • savory sautéed kale • fresh banana 	<p>19 brunch for lunch</p> <ul style="list-style-type: none"> • whole grain waffles with all natural syrup • veggie breakfast sausage • hash brown potatoes with peppers & onions • fresh cantaloupe wedge 	<p>20</p> <ul style="list-style-type: none"> • veggie chik'n with bbq sauce • whole grain cornbread muffin • honey roasted sweet potatoes • mashed cauliflower • fresh apple slices
<p>23</p> <ul style="list-style-type: none"> • veggie burger on a whole wheat bun • ketchup & mustard • bbq baked beans • steamed corn • fresh pear 	<p>24</p> <ul style="list-style-type: none"> • veggie chik'n nuggets • brown rice • asian broccoli • glazed carrots • fresh orange wedges 	<p>25</p> <ul style="list-style-type: none"> • grilled cheese on whole wheat bread with hot sauce • sautéed green beans • parmesan butternut squash • fresh banana 	<p>26</p> <ul style="list-style-type: none"> • veggie chik'n nuggets • whole grain cornbread muffin • buttered green peas • sweet potato fries • fresh cantaloupe wedge 	<p>27</p> <ul style="list-style-type: none"> • whole wheat mac & cheese • side caesar salad with parmesan cream dressing • roasted cauliflower • fresh apple slices
<p>30</p> <p>spring break</p> <p>no school</p>	<p>31</p> <p>spring break</p> <p>no school</p>			