

Freire Charter School Lunch Menu For March

Plain, Strawberry, and Chocolate milk is served with each meal.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Turkey Kielbasa w/ Peppers & Onions Baked Fries, Celery sticks, Orange Drinks or Chicken Salad Sandwich w/ Nacho Doritos & Carroteenies Fruit of the day: Bananas</p>	<p>3</p> <p>Beef Nachos w/ Fresh Salsa & Cheese w/ Roasted Corn & Black beans Or Turkey & Cheese W/ Goldfish & Cucumber slices Fruit of the day: Apple Slices</p>	<p>4</p> <p>Chicken Tenders, Sweet Potato tots, & Green Beans Or American Cold-cut w/ Lett & Tomato, Doritos, and Hummus & Crackers & Carrots Fruit of the day: Pineapple Chunks</p>	<p>5</p> <p>Stuffed Shells w/Caesar Salad & Cucumber slices Or Chicken Caesar Wrap Goldfish, Potato Salad Fruit of the day: Pears</p>	<p>6</p> <p>Cheeseburger, Glazed Carrots and French Fries Or Chicken Caesar Salad with Garlic bread Parma. Cheese & tomatoes Fruit of the day: Assorted Fresh Fruit Orange Drinks</p>
<p>9</p> <p>Chicken & Waffles w/ Butternut squash & Cucumber slices Or Buffalo Chicken Salad Sandwich w/Cool Ranch Doritos & Carroteenies Fruit of the day: Bananas</p>	<p>10</p> <p>Orange Chicken w/ Brown rice, Stir-fry veg & Orange Drinks Or Turkey, Turk. Bacon BBQ Wrap W/ Goldfish & Cucumber slices Fruit of the day: Apple Slices Orange Drinks</p>	<p>11</p> <p>Grilled Turkey Ham & Cheese Baked beans and Tomato soup Or American Cold-cut w/ Lett & Tomato, Doritos, and Hummus & Crackers & Carrots Fruit of the day: Honeydew Melon</p>	<p>12</p> <p>Baked Chicken w/ Mashed Potatoes and Green Beans Or Turkey Ham & Cheese Goldfish, Potato Salad Fruit of the day: Apples</p>	<p>13</p> <p>PD Day No School</p>
<p>16</p> <p>Personal Pan Pizza Garden Salad, & Orange Drinks or Chicken Salad Sandwich w/ Nacho Doritos & Carroteenies Fruit of the day: Bananas</p>	<p>17</p> <p>Chicken Tenders, Baked Fries, & Peas & Carrots Or Turkey & Cheese W/ Goldfish & Cucumber slices Fruit of the day: Apple Slices & Orange Drinks</p>	<p>18</p> <p>All Beef Hot Dog w/ Baked beans and Collard Greens Or American Cold-cut w/ Lett & Tomato, Doritos, and Hummus & Crackers & Carrots Fruit of the day: Cantaloupe Chunks</p>	<p>19</p> <p>BBQ Chicken Wings Mac & Cheese, Green beans & Cucumber slices Or Chicken Caesar Wrap w/ Goldfish, Potato Salad Fruit of the day: Pears</p>	<p>20</p> <p>Cheeseburger, Glazed Carrots and Baked Fries Or Chicken Caesar Salad w/ Garlic Bread Parma. Cheese & tomatoes Fruit of the day: Assorted Fresh Fruit</p>
<p>23</p> <p>Cheesy Hamburger Helper W/ Zucchini and Glazed Carrots Or Buffalo Chicken Salad Sandwich w/Cool Ranch Doritos & Carroteenies Fruit of the day: Bananas</p>	<p>24</p> <p>Chicken Alfredo Broccoli, Garden Salad, & Orange Drinks Or Turkey, Turk. Bacon BBQ Wrap W/ Goldfish & Broccoli & Tomato bites Fruit of the day: Apple Slices</p>	<p>25</p> <p>Beef Nachos w/ Fresh Salsa & Cheese w/ Roasted Corn & Black beans Or American Cold-cut w/ Lett & Tomato, Doritos, and Hummus & Crackers & Carrots Fruit of the day: Fresh Fruit Medley</p>	<p>26</p> <p>Fish Filet Sandwich w/ Cheese Green Beans & Baked Fries Or Turkey Ham & Cheese w/ Goldfish, Potato Salad Fruit of the day: Apples</p>	<p>27</p> <p>French Toast w/ Turkey Bacon & Roasted Butternut Squash and Cucumber slices Or Chicken Caesar Salad w/ Garlic Bread Parma. Cheese & tomatoes Fruit of the day: Assorted Fresh Fruit</p>

<p>30</p> <p>General Tso Chicken Brown rice, Stir-fry veg & Orange Drinks Or Chicken Salad Sandwich w/ Nacho Doritos & Carroteenies Fruit of the day: Bananas</p>	<p>31</p> <p>Turkey Corn Dog w/ Baked Beans & Green Beans Or Turkey & Cheese W/ Goldfish & Cucumber slices Fruit of the day: Apple Slices</p>	<p>1</p> <p>Meatball Subs Baked Fries & Caesar Salad Or American Cold-cut w/ Lett & Tomato, Doritos, and Hummus & Crackers & Carrots Fruit of the day: Watermelon Chunks</p>	<p>2</p> <p>Beef Cheese Steak w/ Sweet Potato Tots & Broccoli Or Chicken Caesar Wrap w/ Goldfish, Potato Salad Fruit of the day: Plums</p>	<p>3</p> <p>Chicken Breast Sandwich w/ Cheese, Tatar Tots & Glazed Carrots Or Chicken Caesar Salad w/ Garlic Bread Parma. Cheese & tomatoes Fruit of the day: Assorted Fresh Fruit</p>
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