Freire Charter School Lunch Menu For March

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

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

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