

	Mon	Tue	Wed	Thu	Fri	Sat
<h1>March Vegetarian Menu 2023</h1>						
			<p>1 B: WW Pancakes, Apple Sauce and Milk</p> <p>L: Kidney Bean Pot Pie, Brown Rice, Peas and Carrots, Diced Cantaloupe, and Milk</p> <p>S: Sweet Potato Chips, Fresh Pears, and Water</p>	<p>2 B: WW Bagels, Blueberries and Milk</p> <p>L: Macaroni and Cheese, Broccoli Florets, Fresh Strawberries, and Milk</p> <p>S: WW Goldfish Crackers, Milk</p>	<p>3 B: Cinnamon Chex, Fresh Apples and Milk</p> <p>L: Plant Based Chicken Pesto Spinach Wrap, Garden Salad w/ Tomatoes, Dragon Fruit, Milk</p> <p>S: WW Graham Crackers, Yogurt, Water</p>	
	<p>6 B: Homemade Grits, Raspberries, and Milk</p> <p>L: Pasta Primavera W/ Tomatoes and Parmesan Cheese, Zucchini and Squash Blend, Mandarin Oranges, and Milk</p> <p>S: Animal Crackers, Milk</p>	<p>7 B: Corn Flakes, Fresh Bananas, and Milk</p> <p>L: Boca Taco, WW Tortilla, Shredded Cheese, Black Bean and Corn Mix, Diced Mangos, and Milk</p> <p>S: Sun Chips, Cheese Cubes and Water</p>	<p>8 B: WW Waffles, Strawberries and Milk</p> <p>L: Cheese Tortellini, Sweet Peas, Fresh Blackberries, and Milk</p> <p>S: WW Graham Crackers, Milk</p>	<p>9 B: Oatmeal, Sliced Peaches and Milk</p> <p>L: Veggie Nuggets, WW Dinner Rolls, California Blend Vegetables, Fresh Blueberries, and Milk</p> <p>S: Naan Bread, Tzatziki Sauce, and Water</p>	<p>10 B: Cheerios, Fresh Blueberries, and Milk</p> <p>L: Shredded BBQ Plant Based Chicken on WW Bun, Baked Beans, Fresh Watermelon, Milk</p> <p>S: Chex Mix, Applesauce, and Water</p>	
	<p>13 B: Homemade Oatmeal, Fresh Raspberries, and Milk</p> <p>L: Cheese Pizza, Fresh Spinach, Bananas and Milk</p> <p>S: WW Graham Crackers and Milk</p>	<p>14 B: Rice Chex Cereal, Fresh Red Apples, and Milk</p> <p>L: Plant Based Chicken Salad on WW Bread, Garden Salad, Tropical Fruit, and Milk</p> <p>S: Tortilla Chips and Guacamole</p>	<p>15 B: Cream of Wheat, Diced Peaches and Milk</p> <p>L: WW Spaghetti and Boca Sauce, Steamed Green Beans, Fresh Blackberries, and Milk</p> <p>S: Cheese Sticks, WW Crackers</p>	<p>16 B: WW Blueberry Bagels, Fresh Pears, and Milk</p> <p>L: Veggie Lemon Chicken, Brown Rice, California Blend Vegetables, Fresh Blueberries, and Milk</p> <p>S: WW Pita Bread, Sun Butter, Jelly</p>	<p>17 B: Kix Cereal, Banana, and Milk</p> <p>L: Breaded Eggplant, WW Dinner Roll, Oven Baked French Fries, Diced Pineapples and Milk</p> <p>S: WW, Gold Fish Crackers, Milk</p>	
	<p>20 B: Vegan Egg Patty, WW Tortilla, Fresh Blackberries and Milk</p> <p>L: Vegan Nuggets, WW Dinner Roll, Sonoma Vegetable Blend, Fresh Cantaloupe and Milk</p> <p>S: Pretzels, Sun Butter, and Water</p>	<p>21 B: Kix Cereal, Fresh Blueberries and Milk</p> <p>L: Broccoli, and Cheese Casserole w/ Brown Rice, Mandarin Oranges and Milk</p> <p>S: Teddy Grahams, Bananas, and Water</p>	<p>22 B: WW Waffles, Diced Peaches, and Milk</p> <p>L: Boca Tuna Salad on WW Crackers, Yellow Corn, Fresh Raspberries, and Milk</p> <p>S: Cheese Chex and Milk</p>	<p>23 B: Cheese Grits, Diced Cantaloupe, and Milk</p> <p>L: WW Pasta Alfredo, Steamed Spinach, Dragon Fruit and Milk</p> <p>S: Cheese Cubes, Fresh Apples and Water</p>	<p>24 B: Rice Chex, Fresh Pears, and Milk</p> <p>L: Plant Based Meatball Sub, W/Marinara Sauce and Mozzarella Cheese, Pineapples, Garden Salad, Green Beans, and Milk</p> <p>S: WW Bagels, Diced Peaches, and Water</p>	
	<p>27 B: Oatmeal, Fresh Bananas, and Milk,</p> <p>L: Lentil Soup, w/ Tomatoes, Brown Rice, Honey Dew, and Milk</p> <p>S: Pretzels, Sun Butter, and Water</p>	<p>28 B: Cheerios, Fresh Blackberries, and Milk</p> <p>L: Boca Tacos, WW Tortillas, Shredded Cheese, Black Bean and Corn Mix, Diced Mangos and Milk</p> <p>S: Sweet Potato Chips, Mandarin Oranges, and Water</p>	<p>29 B: Boiled Eggs, WW Tortilla, Strawberry Apple Sauce, and Milk</p> <p>L: Plant Based Chicken Pot Pie, Brown Rice, Peas and Carrots, Cantaloupe, and Milk</p> <p>S: String Cheese, Fresh Pears, and Water</p>	<p>30 B: Homemade Oatmeal, Blueberries and Milk</p> <p>L: Macaroni and Cheese, Steamed Spinach, Fresh Apples and Milk</p> <p>S: WW Goldfish Crackers, Milk</p>	<p>31 B: WW Waffles, Diced Peaches, and Milk</p> <p>L: Swedish Plant Based Meatballs, Buttered Penne Noodles, Green Beans, Fresh Strawberries and Milk</p> <p>S: Chex Mix, and Milk</p>	

**Clairmont**  
Phone: 404-315-6340

[Clairmontkitchen@thecliftonschoo.org](mailto:Clairmontkitchen@thecliftonschoo.org)

Infant/T1- receive Whole Milk  
T2-GA Pre-K receive 2% Milk

**Clifton**

Phone: 404-636-4073

[Cliftonkitchen@thecliftonschoo.org](mailto:Cliftonkitchen@thecliftonschoo.org)