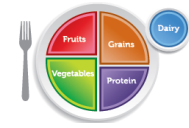




March 2024 – Menu

Tzu Chi Elementary School, Walnut



All meals include a serving of milk.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| | | Vegetarian food helps to keep our body and mind healthy, it also helps to protect the earth. (Jing Si Aphorisms by Master Cheng Yen) | | 1 Spaghetti with Marinara Sauce Spring Roll Vegetable Fruit |
| 4 Scrambled Eggs with Tofu Shredded pork with pickled mustard Vegetable Steamed Rice Fruit | 5 Pizza Vegetable French Fries Fruit | 6 Black pepper fried noodles Vegetable Braised food Fruit | 7 Macaroni and Cheese Vegetable French Fries Fruit | 8 Yangzhou fried rice Vegetable Cauliflower Scrambled Eggs Fruit |
| 11 Braised Tofu Braised Cabbage Vegetable Steamed Rice Fruit | 12 Sandwich Vegetable French Fries Fruit | 13 Pasta With Cream of Mushroom Braise bai ye tofu Vegetable Fruit | 14 Thai sweet and sour chicken Egg tofu Vegetable Steamed Rice Fruit | 15 Vege Chicken Nuggets French Fries Vegetable Fruit |
| 18 Steamed egg Braised dried Steamed Rice Vegetable Fruit | 19 Fried noodles with bean curd Sautéed tomato and white Vegetable Fruit | 20 Scrambled Eggs With Tomatoes Stir-fried squash & bean curd Steamed Rice Vegetable Fruit | 21 Vegetarian Fried Macaroni Bean curd and cabbage Vegetable Fruit | 22 Hamburger French Fries Vegetable Fruit |
| 25 Pizza French Fries Vegetable Fruit | 26 Noodles with Teriyaki Sauce Vege popcorn chicken Vegetable Fruit | 27 Vege Curry Chicken Sautéed Tomato Cauliflower Vegetable Steamed Rice Fruit | 28 Taiwanese Fried Rice Noodles Braised food duo Vegetable Fruit | 29 Teacher Spring PD (no school) |