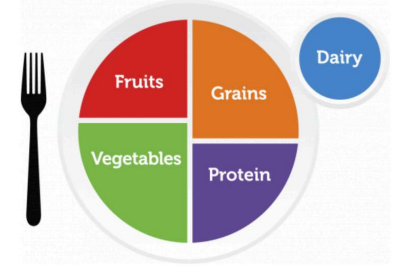


March 2026 Lunch Menu



- 🥬 Chinese Kale: Fun & Healthy Facts!**
- ☆ Superpower veggie – keeps you strong and full of energy!
 - ☆ Fast grower – harvest in just a few weeks!
 - ☆ Same family as broccoli and cabbage
 - ☆ Vitamins A & K – protect eyes and strengthen bones
 - ☆ Fiber – keeps your tummy happy
 - ☆ Calcium & Magnesium – build strong bones and teeth
 - ☆ Iron – helps your blood carry oxygen for energy



Monday	Tuesday	Wednesday	Thursday	Friday
2 Main: Braised Tofu Veg: Stir-fried Green Beans Side: Steamed Rice	3 Main: Spaghetti with Marinara Sauce Veg: Stir-fried Edamame Carrot and Corn	4 Main: Jade Tofu Veg: Stir-fried Cabbage and Carrot Side: Steamed Rice	5 Main: Vegetarian Rice Vermicelli Veg: Braised Napa Cabbage	6 Main: Cheese Pizza Veg: Stir-fried Broccoli
9 Main: Plant-based chicken nuggets Veg: Italian vegetable blend Side: Roasted redskin potatoes (oven-baked)	10 Main: Scrambled Eggs with Corn Veg: Braised Napa Cabbage Side: Steamed Rice	11 Main: Alfredo Pasta Veg: Stir-fried Broccoli	12 Main: Egg Tofu Veg: Stir-Fried Shanghai Bok Choy Side: Steamed Rice	13 Main: Stir-Fried Noodles with Yuba & Vegetables Veg: Stir-Fried Cauliflower and Carrot
16 Main: Stir-fried Udon Noodles with Tofu Sausage and Cabbage Veg: Stir-Fried Shanghai Bok Choy	17 Main: Vegetarian Curry Tofu Veg: Stir-fried Green Beans Side: Steamed Rice	18 Main: Macaroni and Cheese Veg: Stir-Fried Cauliflower and Carrot	19 Main: Vegetarian Rice Vermicelli Veg: Braised Cabbage with Tofu	20 Field Trip
23 Main: Pasta With Cream of Mushroom Veg: Italian vegetable blend	24 Main: Braised Soybean Rolls and Tofu Veg: Stir-fried Green Beans Side: Steamed Rice	25 Main: Teriyaki Vegetarian Meat Fried Noodles Veg: Stir-Fried Shanghai Bok Choy	26 Main: Mixed Vegetable Fried Rice Veg: Braised Cabbage with Bean Curd Rolls	27 School Early Dismissal 12 : 30
30 Main: Vegan Cheeseburger Veg: Italian vegetable blend Side: Roasted redskin potatoes (oven-baked)	31 Main: Steamed Egg Veg: Chinese Broccoli Stir-fried Tofu Strips Side: Steamed Rice	**All meals include a serving of Milk & Fruit **Menu items are subject to change due to availability, seasonality, or other factors. **Vegan		