

Empower March 2025			Lunch Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
03	04	05	06	07
Chicken Patty (2oz) Roll (2oz) WG Rice (1c) Green Beans (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)	Beef Chili (2oz/3oz) Frito Corn Chips (1/2c) Carrots (3/4c/1c) Cole Slaw (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)	WG Bean Burrito (2.5oz) Green Peas (3/4c/1c) Cheese Sauce (1oz) Fresh Fruit (1/2c/1c) 1% Milk (1c)	Chicken Alfredo with Penne Pasta (3oz) Broccoli (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)	Corn Dog (2.5oz) Baked Beans (3/4c/1c) Pasta Salad (1/2c/1c) Corn (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)
10	11	12	13	14
Chicken Tenders (2oz) Maple Waffles (1c) Potato Patty (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)	Nachos Chips (1oz/2oz) Beef Taco Meat (1oz/2oz) Mexican Rice w/Beans (1oz/2oz) Cheese Sauce & Salsa (1oz) Lettuce (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)	Pulled BBQ Chicken (2oz) Bun (2oz) Mac & Cheese(1/2c/1c) Broccoli (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)	<i>NO School In-Service - PD</i>	Turkey Sandwich (4oz) Chips (1oz/2oz) Lettuce (1/2c) Celery & Carrots w/Ranch (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)
17	18	19	20	21
Chicken Alfredo with Penne Pasta (3oz) Broccoli (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)	Nachos Chips (1oz/2oz) Beef Taco Meat (1oz/2oz) Mexican Rice w/Beans (1oz/2oz) Cheese Sauce & Salsa (1oz) Lettuce (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)	Turkey Sandwich (4oz) Chips (1oz/2oz) Lettuce (1/2c) Celery & Carrots w/Ranch (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)	Corn Dog (2.5oz) Baked Beans (3/4c/1c) Pasta Salad (3/4c/1c) Corn (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)	Beef Chili (2oz/3oz) Frito Corn Chips (1/2c) Carrots (3/4c/1c) Cole Slaw (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)
24	25	26	27	28
Chicken Patty (2oz) Roll (2oz) WG Rice (1/2c/1c) Green Beans (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)	Nachos Chips (1oz/2oz) Beef Taco Meat (1oz/2oz) Mexican Rice w/Beans (1oz/2oz) Cheese Sauce & Salsa (1oz) Lettuce (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)	Sloppy Joe (2oz) Bun (2oz) Salad (3/4c/1c) Potato Wedge (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)	Chicken Alfredo with Penne Pasta (3oz) Broccoli (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)	WG Spaghetti (1oz/2oz) Meatballs (2oz) Marinara Sauce (1oz) Roll (1oz/2oz) Salad Salad (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)
<i>31</i>	<i>01</i>	<i>02</i>	<i>03</i>	<i>04</i>
Spring Break NO SCHOOL				

*March 2025 ~ 5wk LUNCH MENU CYCLE ~ Portion Sizes (K-8/9-12) ~ Revised: 03/02/2025
Menu items are subject to change according to product availability.*