







elmwood franklin school

March 6-10 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	
	Chicken Taco ^{GF, DF} Rice ^{GF, DF, V} Mexican Street Corn ^{GF}	Buffalo Chicken Mac & Cheese ^{GF} Dinner Roll ^V Mixed Vegetables ^{GF, DF, V}	Philly Cheese Sandwich Seasoned Fries ^{DF, V} Cauliflower ^{GF, DF, V}	Penne Pasta Marinara ^{GF, DF, V} with Meatballs Garlic Bread Stick ^V Buttered Carrots ^{GF, DF}	Pepperoni ^{GF} or Cheese ^{GF, V} Pizza Brown Rice ^{GF, DF, V} Broccoli ^{GF, DF, V}	<p>GF, DF = GF / DF Meal Substitution Available (Upon Request)</p> <p>V = vegetarian option</p> <p>Daily Deli Sandwich Options** Roast Beef Cheese Sunbutter Sunbutter and Jelly Hummus Wrap **Due to supply shortages, deli turkey is currently unavailable.</p> <p>Daily Salad & Fruit Bar Lettuce Bacon Bits Carrot Sticks Croutons Crumbled Eggs Cucumbers Dressings Olives Pepperoncini Shredded Cheddar Tomatoes Fresh Fruit</p>
	Penne Pasta with Diced Tomatoes, Feta, and Olive Oil ^{GF, V}	Lemon Tilapia ^{GF, DF}	Mushroom Bolognese with Rigatoni ^{GF, DF, V}	Turkey Burger ^{GF, DF}	Penne Pasta with White Beans and Fresh Basil in a Tomato Sauce ^{GF, DF, V}	
	BLT Wrap ^{DF}	Black Bean Burger ^V	Ham & Cheddar ^{GF} on Rye Bread	Chicken Ranch Pita	Breakfast Sandwich with Egg, Turkey Sausage, and American Cheese	
	Cheese Tortellini Soup ^V	Beef Vegetable ^{GF, DF}	Chicken Noodle ^{GF, DF}	Tomato Basil ^V	Minestrone ^V	
Mid-Morning Snack^A	Cheez-It Crackers	Sun Chips	Belly Bears	Rice Chex	Salsa Sun Chips	

^{GF, DF} **Gluten-free and Dairy-free meal substitution upon request.**





^AGluten-free (GF) and dairy-free (DF) snack alternatives are provided daily, as needed.

Menu items may contain ingredients known to cause allergic reactions in some people, including peanuts, tree nuts, soy, milk, seafood, shellfish, wheat/gluten, and eggs. Please check with your chef manager if you have sensitivity or allergy to any of these food items.



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March 13-17 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	Hamburger ^{GF, DF} Seasoned Fries ^{DF, V} Cole Slaw ^{GF, V}	Mac and Cheese ^{GF, V} Dinner Roll ^V Mexican Street Corn ^{GF, V}	Stephen Fattey, Chef for the Day! Pancakes ^V Hash Browns ^V Mixed Vegetables ^{GF, DF, V}	Meatball Bomber Rice Pilaf ^{GF, DF, V} Broccoli ^{GF, DF, V}	Corned Beef and Cabbage ^{GF, DF} Potatoes ^{GF, DF, V} Carrots ^{GF, DF, V}
	Roasted Red Pepper Pasta ^{GF, DF, V}	Avocado Chicken Flat Bread Pizza	Vegetable Frittata ^{GF, DF, V}	Italian Herb Tilapia ^{GF, DF}	Pasta Primavera ^{GF, DF, V}
	Tuna Wrap ^{DF}	Egg Salad Pita ^V	Curry Chicken Pita	Roasted Vegetable Wrap ^V	Reuben Sandwich ^{GF}
	Creamy Chicken and Rice ^{GF}	Split Pea Soup (Ham Based)	Italian Wedding Soup	Chicken Tortilla Soup ^{GF, DF}	Beans and Greens ^{GF, DF, V}
Mid-Morning Snack^A	Jungle Crackers	Graham Crackers	Snack: Soft Pretzel Dessert: Chocolate Cake	Blueberry Muffin	Chef's Choice

GF, DF = GF / DF

Meal Substitution Available (Upon Request)

V = vegetarian option

Daily Deli Sandwich Options**

- Roast Beef
- Cheese
- Sunbutter
- Sunbutter and Jelly
- Hummus Wrap

****Due to supply shortages, deli turkey is currently unavailable.**

Daily Salad & Fruit Bar

- Lettuce
- Bacon Bits
- Carrot Sticks
- Croutons
- Crumbled Eggs
- Cucumbers
- Dressings
- Olives
- Pepperoncini
- Shredded Cheddar
- Tomatoes
- Fresh Fruit

^{GF, DF} **Gluten-free and Dairy-free meal substitution upon request.**





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March 20-24 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	
	Grilled Cheese ^V Sautéed Zucchini ^{GF, DF, V} Seasoned Home Fries	Nashville Hot Chicken Sandwich Sweet Potato Fries ^{DF, V} Broccoli ^{GF, DF, V}	Beef Tacos ^{GF, DF} Rice ^{GF, DF, V} Mixed Vegetables ^{GF, DF, V}	Bang Bang Chicken ^{DF} Brown Rice ^{GF, DF, V} Green Beans ^{GF, DF, V}	Mississippi Beef Mashed Potatoes ^V Mixed Vegetable ^{GF, DF, V}	<p>GF, DF = GF / DF Meal Substitution Available (Upon Request)</p> <p>^V = vegetarian option</p> <p>Daily Deli Sandwich Options** Roast Beef Cheese Sunbutter Sunbutter and Jelly Hummus Wrap</p> <p>**Due to supply shortages, deli turkey is currently unavailable.</p> <p>Daily Salad & Fruit Bar Lettuce Bacon Bits Carrot Sticks Croutons Crumbled Eggs Cucumbers Dressings Olives Pepperoncini Shredded Cheddar Tomatoes Fresh Fruit</p>
	Lemon Tilapia ^{GF, DF}	Veggie Burger ^V	Caesar Salad ^V with Chicken	Stuffed Portobello Mushroom ^V	Basil Pesto Penne ^{GF, V}	
	Ham & Cheddar ^{GF} on Rye	Tuna Wrap ^{DF}	Focaccia Ham, Roasted Red Peppers, and Provolone	Breakfast Sandwich with Egg, Turkey Sausage, and American Cheese	Turkey Burger ^{GF, DF}	
	Cream of Mushroom ^{GF, V}	Chili ^{GF, DF}	French Onion	Italian Wedding Soup	Chicken Noodle ^{GF, DF}	
Mid-Morning Snack^A	Harvest Sun Chips	Muffin	Multi-Grain Cheerios	Apple Oat Bar	Chef's Choice	

^{GF, DF} **Gluten-free and Dairy-free meal substitution upon request.**

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