



LOS ALTOS BLACH MIDDLE SCHOOL

MARCH



LUNCH K-8 & 9-12 2024-2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 - Cheeseburger - Pasta X Plosion! - Cobb Salad Wrap - Bagel Kit	4 - Spaghetti W/ Beef Meatsauce - Beef Hot Dog - Teriyaki Chicken Sushi Bowl	5 - Sesame Orange Chicken W/ Rice - Mr. Mike's Bbq Chicken Sandwich - Turkey & Cheese On Dutch Crunch - Bagel Kit	6 - Chicken Nuggets W/ Olive Oil & Parmesan Pasta - Beef Chili W/ Cornbread - Hummus Rainbow Wrap - Southwest Veggie Taco Salad W/ Tortilla Chips	7 - Pepperoni Pizza - Cheese Pizza - Chicken Caesar Wrap - Italian Market Salad
10 - Hamburger - Pasta W/ Olive Oil & Parmesan Pasta - Curry Fried Rice - Chicken Bacon Ranch Wrap	11 - Chicken Calzone - Beef Tamale W/ Mexican Rice - Veggie Chow Mein - Bbq Chicken Wrap	12 - Chicken Burrito - Pasta W/ Marinara & Mozzarella - Pesto Caprece Salad - Bagel Kit	13 - Chicken Kapama W/ Olive Oil & Parmesan Pasta - Mac & Cheese - Turkey & Cheese Hoagie	14 - Pepperoni Pizza - Cheese Pizza
17 - Bbq Cheeseburger - Broccoli Cheddar Potato Bowl W/ Dinner Roll - Turkey & Cheese Sandwich - Chicken Caesar Wrap	18 - Beef Hot Dog - Bbq Chicken Pasta - Smoked Chicken Wrap	19 - Popcorn Chicken & Tater Bowl - Pasta Primavera - Turkey & Cheese On Dutch Crunch - Bagel Kit	20 - Chicken Nuggets W/ Rice Pilaf - Cheese Ravioli W/ Marinara Sauce	21 - Pepperoni Pizza - Cheese Pizza - Santa Fe Chicken Salad
24 - Hamburger - Boneless Buffalo Chicken Wings & Rice Pilaf - Veggie Fried Rice - Breaded Chicken Salad	25 - Pesto Chicken Sandwich - Sweet And Sour Chicken - Cheesy Breadsticks W/ Marinara Sauce	26 - Buffalo Chicken Hoagie - Teriyaki Chicken W/ Rice & Veggies - Chicken Pesto Wrap	27 - Breaded Chicken Sandwich - Western Wrap Up - Breaded Chicken Wrap - Bagel Kit	28 - Pepperoni Pizza - Cheese Pizza - Chicken Caesar Salad W/ Dinner Roll - Turkey & Cranberry Sandwich - Bagel Kit
31 - Cheeseburger - Wet Beef Burrito - Pasta X Plosion!	1	2	3	4

Drinks

Nonfat Milk, 1% Milk

This institution is an equal opportunity provider and employer



ALL MEALS COME WITH A CHOICE OF FRESH FRUIT OR FRESH VEGETABLE AND A DRINK



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



VEGETARIAN



VEGAN

PLACE YOUR ORDER NOW!



(650) 596-8008



lunchmaster@thelunchmaster.com



www.thelunchmaster.com



LOS ALTOS BLACH MIDDLE SCHOOL

MARCH



Monday	Tuesday	Wednesday	Thursday	Friday
3 - Vegan 3 Bean Chili W/ Tortilla Chips	4 - Vegan Fried Rice	5 - Vegan Burrito Bowl	6 - Vegan Chickpea Tikka Masala	7
10 - Vegan Pinto Pozole W/ Tortilla Chips	11 - Vegan Spanish Beans W/ Cilantro Lime Rice	12 - Vegan Red Beans & Rice	13	14 - Vegan Fried Rice
17 - Vegan Burrito Bowl	18 - Vegan Chickpea Tikka Masala	19 - Myo Vegan Tacos	20 - Vegan Pinto Pozole W/ Tortilla Chips	21
24 - Vegan Red Beans & Rice	25 - Vegan 3 Bean Chili W/ Tortilla Chips	26 - Vegan Fried Rice	27 - Vegan Burrito Bowl	28 - Vegan Chickpea Tikka Masala
31 - Myo Vegan Tacos	1	2	3	4

Drinks

Nonfat Milk, 1% Milk

This institution is an equal opportunity provider and employer



ALL MEALS COME WITH A CHOICE OF FRESH FRUIT OR FRESH
VEGETABLE AND A DRINK



PERFECT COMBINATION OF NUTRITIOUS AND
DELICIOUS



VEGETARIAN



VEGAN



(650) 596-8008



lunchmaster@thelunchmaster.com



www.thelunchmaster.com

PLACE YOUR ORDER NOW!

LOS ALTOS BLACH MIDDLE SCHOOL

MARCH

LUNCH K-8 & 9-12

2024-2025



Date	Menu Item	Count	Allergens
Monday 3	Cheeseburger	100	Wheat, Soy, Milk, Beef, Sesame
	Pasta X Plosion!	Veg 100	Wheat, Milk, Tomato
	Cobb Salad Wrap	10	Wheat, Chicken, Milk, Pork, Egg, Fish, Shellfish, Tomato, Beef
	Bagel Kit	Veg 10	Wheat, Soy, Milk, Sesame
Tuesday 4	Spaghetti W/ Beef Meatsauce	30	Wheat, Egg, Beef, Milk, Tomato, Soy
	Beef Hot Dog	110	Wheat, Soy, Beef, Sesame
	Teriyaki Chicken Sushi Bowl	60	Wheat, Soy, Chicken, Sesame
Wednesday 5	Sesame Orange Chicken W/ Rice	100	Wheat, Soy, Chicken, Sesame
	Mr. Mike's Bbq Chicken Sandwich	50	Wheat, Soy, Milk, Chicken, Tomato, Sesame
	Turkey & Cheese On Dutch Crunch	10	Wheat, Soy, Milk, Turkey, Sesame
	Bagel Kit	Veg 10	Wheat, Soy, Milk, Sesame
Thursday 6	Chicken Nuggets W/ Olive Oil & Parmesan Pasta	170	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Beef Chili W/ Cornbread	20	Wheat, Soy, Egg, Milk, Beef, Tomato
	Hummus Rainbow Wrap	Veg 20	Wheat
	Southwest Veggie Taco Salad W/ Tortilla Chips	10	Milk, Soy, Tomato, Egg
Friday 7	Pepperoni Pizza	100	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg 100	Wheat, Soy, Milk, Tomato
	Chicken Caesar Wrap	10	Wheat, Chicken, Milk, Egg, Fish
	Italian Market Salad	10	Wheat, Soy, Milk, Pork, Beef, Turkey
Monday 10	Hamburger	50	Wheat, Soy, Beef, Sesame
	Pasta W/ Olive Oil & Parmesan Pasta	Veg 100	Wheat, Milk
	Curry Fried Rice	Veg 60	Wheat, Soy, Egg, Sesame
	Chicken Bacon Ranch Wrap	10	Wheat, Milk, Pork, Chicken, Egg, Tomato
Tuesday 11	Chicken Calzone	50	Wheat, Soy, Egg, Milk, Pork, Chicken, Fish, Tomato, Sesame
	Beef Tamale W/ Mexican Rice	50	Wheat, Soy, Beef, Sesame
	Veggie Chow Mein	Veg 60	Wheat, Soy, Egg, Sesame
	Bbq Chicken Wrap	50	Milk, Chicken, Wheat, Soy, Egg, Fish, Shellfish
Wednesday 12	Chicken Burrito	40	Milk, Chicken, Wheat, Tomato
	Pasta W/ Marinara & Mozzarella	Veg 100	Wheat, Egg, Milk, Tomato
	Pesto Capreze Salad	Veg 70	Wheat, Milk, Tomato
	Bagel Kit	Veg 10	Wheat, Soy, Milk, Sesame
Thursday 13	Chicken Kapama W/ Olive Oil & Parmesan Pasta	10	Chicken, Wheat, Milk, Tomato
	Mac & Cheese	Veg 10	Wheat, Milk
	Turkey & Cheese Hoagie	30	Wheat, Milk, Turkey, Sesame
Friday 14	Pepperoni Pizza	100	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg 110	Wheat, Soy, Milk, Tomato
Monday 17	Bbq Cheeseburger	110	Beef, Wheat, Milk, Soy, Pork
	Broccoli Cheddar Potato Bowl W/ Dinner Roll	Veg 100	Wheat, Soy, Egg, Milk, Sesame

601 Taylor Way, San Carlos, CA 94070



(650) 596-8008



lunchmaster@thelunchmaster.com



www.thelunchmaster.com

Tuesday 18	Turkey & Cheese Sandwich		10	Wheat, Soy, Milk, Turkey, Sesame
	Chicken Caesar Wrap		5	Wheat, Chicken, Milk, Egg, Fish
	Beef Hot Dog		110	Wheat, Soy, Beef, Sesame
Wednesday 19	Bbq Chicken Pasta		80	Chicken, Wheat, Milk, Tomato
	Smoked Chicken Wrap		30	Wheat, Soy, Egg, Milk, Chicken, Tomato
	Popcorn Chicken & Tater Bowl		120	Soy, Milk, Chicken, Wheat
	Pasta Primavera	Veg	80	Wheat, Milk, Soy
Thursday 20	Turkey & Cheese On Dutch Crunch		10	Wheat, Soy, Milk, Turkey, Sesame
	Bagel Kit	Veg	10	Wheat, Soy, Milk, Sesame
	Chicken Nuggets W/ Rice Pilaf		120	Wheat, Soy, Egg, Milk, Chicken, Sesame
Friday 21	Cheese Ravioli W/ Marinara Sauce	Veg	100	Egg, Milk, Wheat, Tomato
	Pepperoni Pizza		100	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg	110	Wheat, Soy, Milk, Tomato
	Santa Fe Chicken Salad		10	Chicken, Milk, Tomato, Soy, Egg
Monday 24	Hamburger		100	Wheat, Soy, Beef, Sesame
	Boneless Buffalo Chicken Wings & Rice Pilaf		80	Wheat, Soy, Milk, Chicken, Sesame
	Veggie Fried Rice		20	Wheat, Soy, Egg, Sesame
Tuesday 25	Breaded Chicken Salad		10	Wheat, Soy, Egg, Milk, Chicken, Tomato, Sesame
	Pesto Chicken Sandwich		10	Chicken, Milk, Wheat, Soy
	Sweet And Sour Chicken		100	Wheat, Soy, Egg, Milk, Chicken, Sesame
Wednesday 26	Cheesy Breadsticks W/ Marinara Sauce	Veg	110	Wheat, Soy, Milk, Tomato
	Buffalo Chicken Hoagie		50	Wheat, Soy, Milk, Chicken
	Teriyaki Chicken W/ Rice & Veggies		20	Wheat, Soy, Chicken, Sesame
Thursday 27	Chicken Pesto Wrap		50	Chicken, Wheat, Milk, Soy
	Breaded Chicken Sandwich		100	Wheat, Soy, Milk, Chicken, Sesame
	Western Wrap Up		80	Wheat, Soy, Milk, Chicken, Sesame
	Breaded Chicken Wrap		20	Wheat, Soy, Egg, Milk, Chicken, Sesame
Friday 28	Bagel Kit	Veg	10	Wheat, Soy, Milk, Sesame
	Pepperoni Pizza		80	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg	80	Wheat, Soy, Milk, Tomato
	Chicken Caesar Salad W/ Dinner Roll		30	Wheat, Soy, Egg, Milk, Chicken, Fish, Sesame
Monday 31	Turkey & Cranberry Sandwich		10	Wheat, Turkey
	Bagel Kit	Veg	10	Wheat, Soy, Milk, Sesame
Monday 31	Cheeseburger		110	Wheat, Soy, Milk, Beef, Sesame
	Wet Beef Burrito		10	Wheat, Soy, Milk, Beef
	Pasta X Plosion!	Veg	100	Wheat, Milk, Tomato



LOS ALTOS BLACH MIDDLE SCHOOL

MARCH

Vegan / Gluten
Free



Date	Menu Item		Count	Allergens
Monday 3	Vegan 3 Bean Chili W/ Tortilla Chips	V	10	Tomato
Tuesday 4	Vegan Fried Rice	V	30	Soy, Sesame
Wednesday 5	Vegan Burrito Bowl	V	50	Tomato
Thursday 6	Vegan Chickpea Tikka Masala	V	10	Tomato
Monday 10	Vegan Pinto Pozole W/ Tortilla Chips	V	10	Tomato
Tuesday 11	Vegan Spanish Beans W/ Cilantro Lime Rice	V	10	Tomato
Wednesday 12	Vegan Red Beans & Rice		10	Tomato
Friday 14	Vegan Fried Rice	V	10	Soy, Sesame
Monday 17	Vegan Burrito Bowl	V	5	Tomato
Tuesday 18	Vegan Chickpea Tikka Masala	V	10	Tomato
Wednesday 19	Myo Vegan Tacos	V	10	Tomato
Thursday 20	Vegan Pinto Pozole W/ Tortilla Chips	V	10	Tomato
Monday 24	Vegan Red Beans & Rice		10	Tomato
Tuesday 25	Vegan 3 Bean Chili W/ Tortilla Chips	V	10	Tomato
Wednesday 26	Vegan Fried Rice	V	110	Soy, Sesame
Thursday 27	Vegan Burrito Bowl	V	10	Tomato
Friday 28	Vegan Chickpea Tikka Masala	V	10	Tomato
Monday 31	Myo Vegan Tacos	V	10	Tomato

601 Taylor Way, San Carlos, CA 94070



(650) 596-8008



lunchmaster@thelunchmaster.com



www.thelunchmaster.com