

LOS ALTOS COVINGTON ELEMENTARY SCHOOL

MARCH



LUNCH K-8 & 9-12 2024-2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 - Cheeseburger - Pasta X Plosion! - Bagel Kit	4 - Spaghetti W/ Beef Meatsauce - Bagel Kit	5 - Cheese Wrapadilla - Turkey & Cheese On Dutch Crunch - Bagel Kit	6 - Beef Chili W/ Cornbread - B& C Burrito - Bagel Kit	7 - Pepperoni Pizza - Cheese Pizza - Bagel Kit
10 - Hamburger - Pasta W/ Olive Oil & Parmesan Pasta - Bagel Kit	11 - Chicken Calzone - Veggie Chow Mein - Bagel Kit	12 - Chicken Chow Mein - Pasta W/ Marinara & Mozzarella - Bagel Kit	13 - Breaded Chicken Sandwich - Mac & Cheese - Bagel Kit	14 - Pepperoni Pizza - Cheese Pizza - Bagel Kit
17 - Greek Chicken W/ Rice Pilaf - Bagel Kit	18 - Beef Hot Dog - Bagel Kit	19 - Popcorn Chicken & Tater Bowl - Pasta Primavera - Bagel Kit	20 - Chicken Nuggets W/ Rice Pilaf - Cheese Ravioli W/ Marinara Sauce	21 - Pepperoni Pizza - Cheese Pizza
24 - Hamburger - Boneless Buffalo Chicken Wings & Rice Pilaf - Bagel Kit	25 - Pesto Chicken Sandwich - Cheesy Breadsticks W/ Marinara Sauce - Turkey & Cheese Sandwich - Bagel Kit	26 - Buffalo Chicken Hoagie - Yogurt Berry Parfait W/ Muffin - Bagel Kit	27 - Breaded Chicken Sandwich - Cheesy Bean Dip W/ Tortilla Chips	28 - Pepperoni Pizza - Cheese Pizza
31 - Cheeseburger - Pasta X Plosion! - Sbj Sammie	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

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

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Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5 - Amy's Bean, Rice & Cheese Burrito	6	7
10	11	12 - Amy's Rice Mac & Cheese	13	14
17	18	19	20	21 - Amy's Bean, Rice & Cheese Burrito
24	25	26	27	28 - Amy's Rice Mac & Cheese
31	1	2	3	4

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Vegan / Gluten
Free



Date	Menu Item		Count	Allergens
Monday 3	Vegan 3 Bean Chili W/ Tortilla Chips	V	40	Tomato
Tuesday 4	Vegan Fried Rice	V	70	Soy, Sesame
Monday 17	Vegan Burrito Bowl	V	90	Tomato
Monday 24	Vegan Red Beans & Rice		40	Tomato
Wednesday 26	Vegan Fried Rice	V	35	Soy, Sesame
Thursday 27	Vegan Burrito Bowl	V	25	Tomato



LOS ALTOS COVINGTON ELEMENTARY SCHOOL MARCH

LUNCH K-8 & 9-12 2024-2025



Date	Menu Item	Count	Allergens
Monday 3	Cheeseburger	110	Wheat, Soy, Milk, Beef, Sesame
	Pasta X Plosion!	Veg 45	Wheat, Milk, Tomato
	Bagel Kit	Veg 20	Wheat, Soy, Milk, Sesame
Tuesday 4	Spaghetti W/ Beef Meatsauce	100	Wheat, Egg, Beef, Milk, Tomato, Soy
	Bagel Kit	Veg 30	Wheat, Soy, Milk, Sesame
Wednesday 5	Cheese Wrapadilla	90	Wheat, Milk
	Turkey & Cheese On Dutch Crunch	105	Wheat, Soy, Milk, Turkey, Sesame
	Bagel Kit	Veg 15	Wheat, Soy, Milk, Sesame
Thursday 6	Beef Chili W/ Cornbread	100	Wheat, Soy, Egg, Milk, Beef, Tomato
	B& C Burrito	Veg 90	Milk, Wheat, Soy
	Bagel Kit	Veg 20	Wheat, Soy, Milk, Sesame
Friday 7	Pepperoni Pizza	105	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg 100	Wheat, Soy, Milk, Tomato
	Bagel Kit	Veg 15	Wheat, Soy, Milk, Sesame
Monday 10	Hamburger	95	Wheat, Soy, Beef, Sesame
	Pasta W/ Olive Oil & Parmesan Pasta	Veg 95	Wheat, Milk
	Bagel Kit	Veg 20	Wheat, Soy, Milk, Sesame
Tuesday 11	Chicken Calzone	90	Wheat, Soy, Egg, Milk, Pork, Chicken, Fish, Tomato, Sesame
	Veggie Chow Mein	Veg 95	Wheat, Soy, Egg, Sesame
	Bagel Kit	Veg 20	Wheat, Soy, Milk, Sesame
Wednesday 12	Chicken Chow Mein	105	Wheat, Soy, Egg, Chicken, Sesame
	Pasta W/ Marinara & Mozzarella	Veg 105	Wheat, Egg, Milk, Tomato
	Bagel Kit	Veg 5	Wheat, Soy, Milk, Sesame
Thursday 13	Breaded Chicken Sandwich	90	Wheat, Soy, Milk, Chicken, Sesame
	Mac & Cheese	Veg 110	Wheat, Milk
	Bagel Kit	Veg 10	Wheat, Soy, Milk, Sesame
Friday 14	Pepperoni Pizza	105	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg 100	Wheat, Soy, Milk, Tomato
	Bagel Kit	Veg 6	Wheat, Soy, Milk, Sesame
Monday 17	Greek Chicken W/ Rice Pilaf	90	Chicken
	Bagel Kit	Veg 30	Wheat, Soy, Milk, Sesame
Tuesday 18	Beef Hot Dog	110	Wheat, Soy, Beef, Sesame
	Bagel Kit	Veg 100	Wheat, Soy, Milk, Sesame
Wednesday 19	Popcorn Chicken & Tater Bowl	110	Soy, Milk, Chicken, Wheat
	Pasta Primavera	Veg 80	Wheat, Milk, Soy
	Bagel Kit	Veg 20	Wheat, Soy, Milk, Sesame
Thursday 20	Chicken Nuggets W/ Rice Pilaf	105	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Cheese Ravioli W/ Marinara Sauce	Veg 110	Egg, Milk, Wheat, Tomato

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Friday 21	Pepperoni Pizza		105	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg	110	Wheat, Soy, Milk, Tomato
Monday 24	Hamburger		105	Wheat, Soy, Beef, Sesame
	Boneless Buffalo Chicken Wings & Rice Pilaf		40	Wheat, Soy, Milk, Chicken, Sesame
	Bagel Kit	Veg	30	Wheat, Soy, Milk, Sesame
Tuesday 25	Pesto Chicken Sandwich		25	Chicken, Milk, Wheat, Soy
	Cheesy Breadsticks W/ Marinara Sauce	Veg	110	Wheat, Soy, Milk, Tomato
	Turkey & Cheese Sandwich		65	Wheat, Soy, Milk, Turkey, Sesame
	Bagel Kit	Veg	20	Wheat, Soy, Milk, Sesame
Wednesday 26	Buffalo Chicken Hoagie		60	Wheat, Soy, Milk, Chicken
	Yogurt Berry Parfait W/ Muffin	Veg	85	Wheat, Egg, Milk, Soy
	Bagel Kit	Veg	20	Wheat, Soy, Milk, Sesame
Thursday 27	Breaded Chicken Sandwich		90	Wheat, Soy, Milk, Chicken, Sesame
	Cheesy Bean Dip W/ Tortilla Chips		110	Milk, Soy
Friday 28	Pepperoni Pizza		105	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg	110	Wheat, Soy, Milk, Tomato
Monday 31	Cheeseburger		110	Wheat, Soy, Milk, Beef, Sesame
	Pasta X Plosion!	Veg	60	Wheat, Milk, Tomato
	Sbj Sammie	Veg	30	Wheat, Soy, Sesame

