

# LOS ALTOS EGAN JUNIOR HIGH 7-8

## MARCH



LUNCH K-8 & 9-12 2024-2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> - Cheeseburger - Chicken Enchiladas - Bagel Kit	<b>4</b> - Spaghetti W/ Beef Meatsauce - Beef Hot Dog	<b>5</b> - Sesame Orange Chicken W/ Rice - Turkey & Cheese On Dutch Crunch	<b>6</b> - Chicken Nuggets W/ Olive Oil & Parmesan Pasta - B& C Burrito - Southwest Veggie Taco Salad W/ Tortilla Chips - Bagel Kit	<b>7</b> - Pepperoni Pizza - Cheese Pizza
<b>10</b> - Hamburger - Pasta W/ Olive Oil & Parmesan Pasta - Chicken Bacon Ranch Wrap	<b>11</b> - Chicken Calzone - Beef Tamale W/ Mexican Rice	<b>12</b> - Chicken Burrito - Pasta W/ Marinara & Mozzarella	<b>13</b> - Breaded Chicken Sandwich - Mac & Cheese - Tex Mex Bistro Box	<b>14</b> - Pepperoni Pizza - Cheese Pizza - Chicken Caesar Salad W/ Dinner Roll - Italian Deli Sub - Bagel Kit
<b>17</b> - Bbq Cheeseburger - Broccoli Cheddar Potato Bowl W/ Dinner Roll - Turkey & Cheese Sandwich - Bagel Kit	<b>18</b> - Beef Hot Dog - Cheese Enchiladas - Sbj Sammie - Bagel Kit	<b>19</b> - Popcorn Chicken & Tater Bowl - Chicken Parm Hoagie - Chicken Bacon Ranch Salad W/ Dinner Roll	<b>20</b> - Chicken & Rice Soup - Chicken Nuggets W/ Rice Pilaf - Cheese Ravioli W/ Marinara Sauce	<b>21</b> - Pepperoni Pizza - Cheese Pizza - Asian Chicken Wrap - Bagel Kit
<b>24</b> - Hamburger - Boneless Buffalo Chicken Wings & Rice Pilaf - Veggie Fried Rice - Breaded Chicken Salad	<b>25</b> - Sweet And Sour Chicken - Cheesy Breadsticks W/ Marinara Sauce	<b>26</b> - Buffalo Chicken Hoagie - Teriyaki Chicken W/ Rice & Veggies - Chicken Pesto Wrap	<b>27</b> - Breaded Chicken Sandwich - Cheesy Bean Dip W/ Tortilla Chips - Confetti Bean And Rice Salad	<b>28</b> - Pepperoni Pizza - Cheese Pizza - Turkey & Cranberry Sandwich - Bagel Kit
<b>31</b> - Cheeseburger - Southwest Veggie Taco Wrap	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

### 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



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

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## MARCH

# LUNCH K-8 & 9-12

## 2024-2025



Date	Menu Item	Count	Allergens
Monday 3	Cheeseburger	75	Wheat, Soy, Milk, Beef, Sesame
	Chicken Enchiladas	50	Soy, Milk, Chicken, Tomato, Sesame
	Bagel Kit	Veg 45	Wheat, Soy, Milk, Sesame
Tuesday 4	Spaghetti W/ Beef Meatsauce	70	Wheat, Egg, Beef, Milk, Tomato, Soy
	Beef Hot Dog	70	Wheat, Soy, Beef, Sesame
Wednesday 5	Sesame Orange Chicken W/ Rice	70	Wheat, Soy, Chicken, Sesame
	Turkey & Cheese On Dutch Crunch	50	Wheat, Soy, Milk, Turkey, Sesame
Thursday 6	Chicken Nuggets W/ Olive Oil & Parmesan Pasta	80	Wheat, Soy, Egg, Milk, Chicken, Sesame
	B& C Burrito	Veg 40	Milk, Wheat, Soy
	Southwest Veggie Taco Salad W/ Tortilla Chips	20	Milk, Soy, Tomato, Egg
	Bagel Kit	Veg 30	Wheat, Soy, Milk, Sesame
Friday 7	Pepperoni Pizza	70	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg 70	Wheat, Soy, Milk, Tomato
Monday 10	Hamburger	70	Wheat, Soy, Beef, Sesame
	Pasta W/ Olive Oil & Parmesan Pasta	Veg 70	Wheat, Milk
	Chicken Bacon Ranch Wrap	30	Wheat, Milk, Pork, Chicken, Egg, Tomato
Tuesday 11	Chicken Calzone	70	Wheat, Soy, Egg, Milk, Pork, Chicken, Fish, Tomato, Sesame
	Beef Tamale W/ Mexican Rice	50	Wheat, Soy, Beef, Sesame
Wednesday 12	Chicken Burrito	50	Milk, Chicken, Wheat, Tomato
	Pasta W/ Marinara & Mozzarella	Veg 70	Wheat, Egg, Milk, Tomato
Thursday 13	Breaded Chicken Sandwich	70	Wheat, Soy, Milk, Chicken, Sesame
	Mac & Cheese	Veg 70	Wheat, Milk
	Tex Mex Bistro Box	30	Soy, Milk, Tomato
Friday 14	Pepperoni Pizza	75	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg 75	Wheat, Soy, Milk, Tomato
	Chicken Caesar Salad W/ Dinner Roll	15	Wheat, Soy, Egg, Milk, Chicken, Fish, Sesame
	Italian Deli Sub	20	Wheat, Soy, Milk, Pork, Beef, Turkey, Sesame
	Bagel Kit	Veg 10	Wheat, Soy, Milk, Sesame
Monday 17	Bbq Cheeseburger	70	Beef, Wheat, Milk, Soy, Pork
	Broccoli Cheddar Potato Bowl W/ Dinner Roll	Veg 25	Wheat, Soy, Egg, Milk, Sesame
	Turkey & Cheese Sandwich	50	Wheat, Soy, Milk, Turkey, Sesame
	Bagel Kit	Veg 25	Wheat, Soy, Milk, Sesame
Tuesday 18	Beef Hot Dog	70	Wheat, Soy, Beef, Sesame
	Cheese Enchiladas	Veg 50	Milk, Soy, Tomato
	Sbj Sannie	Veg 25	Wheat, Soy, Sesame
	Bagel Kit	Veg 25	Wheat, Soy, Milk, Sesame
Wednesday 19	Popcorn Chicken & Tater Bowl	70	Soy, Milk, Chicken, Wheat
	Chicken Parm Hoagie	25	Wheat, Soy, Milk, Chicken, Tomato, Sesame

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	Chicken Bacon Ranch Salad W/ Dinner Roll		25	Wheat, Soy, Egg, Milk, Pork, Chicken, Tomato, Sesame
<b>Thursday 20</b>	Chicken & Rice Soup		20	Chicken
	Chicken Nuggets W/ Rice Pilaf		70	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Cheese Ravioli W/ Marinara Sauce	Veg	80	Egg, Milk, Wheat, Tomato
<b>Friday 21</b>	Pepperoni Pizza		75	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg	75	Wheat, Soy, Milk, Tomato
	Asian Chicken Wrap		20	Wheat, Soy, Milk, Chicken, Sesame
	Bagel Kit	Veg	20	Wheat, Soy, Milk, Sesame
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<b>Monday 24</b>	Hamburger		40	Wheat, Soy, Beef, Sesame
	Boneless Buffalo Chicken Wings & Rice Pilaf		60	Wheat, Soy, Milk, Chicken, Sesame
	Veggie Fried Rice		50	Wheat, Soy, Egg, Sesame
<b>Tuesday 25</b>	Breaded Chicken Salad		20	Wheat, Soy, Egg, Milk, Chicken, Tomato, Sesame
	Sweet And Sour Chicken		50	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Cheesy Breadsticks W/ Marinara Sauce	Veg	70	Wheat, Soy, Milk, Tomato
<b>Wednesday 26</b>	Buffalo Chicken Hoagie		50	Wheat, Soy, Milk, Chicken
	Teriyaki Chicken W/ Rice & Veggies		50	Wheat, Soy, Chicken, Sesame
	Chicken Pesto Wrap		20	Chicken, Wheat, Milk, Soy
<b>Thursday 27</b>	Breaded Chicken Sandwich		70	Wheat, Soy, Milk, Chicken, Sesame
	Cheesy Bean Dip W/ Tortilla Chips		70	Milk, Soy
	Confetti Bean And Rice Salad		30	Tomato
<b>Friday 28</b>	Pepperoni Pizza		75	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg	75	Wheat, Soy, Milk, Tomato
	Turkey & Cranberry Sandwich		20	Wheat, Turkey
	Bagel Kit	Veg	20	Wheat, Soy, Milk, Sesame
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<b>Monday 31</b>	Cheeseburger		70	Wheat, Soy, Milk, Beef, Sesame
	Southwest Veggie Taco Wrap	Veg	50	Wheat, Milk, Soy, Tomato, Egg
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# LOS ALTOS EGAN JUNIOR HIGH 7-8

## MARCH

Vegan / Gluten  
Free



Date	Menu Item		Count	Allergens
<b>Tuesday 4</b>	Vegan Fried Rice	V	40	Soy, Sesame
<b>Wednesday 5</b>	Vegan Burrito Bowl	V	50	Tomato
<b>Friday 7</b>	Myo Vegan Tacos	V	50	Tomato
<b>Tuesday 11</b>	Vegan Spanish Beans W/ Cilantro Lime Rice	V	50	Tomato
<b>Wednesday 12</b>	Vegan Red Beans & Rice		50	Tomato
<b>Wednesday 19</b>	Myo Vegan Tacos	V	50	Tomato
<b>Tuesday 25</b>	Vegan 3 Bean Chili W/ Tortilla Chips	V	50	Tomato
<b>Wednesday 26</b>	Vegan Fried Rice	V	50	Soy, Sesame
<b>Monday 31</b>	Myo Vegan Tacos	V	50	Tomato

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