



## BASD Dairy-Egg Free Menu-MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3/2/26</b>	<b>3/3/26</b>	<b>3/4/26</b>	<b>3/5/26</b>	<b>3/6/26</b>
Garden Salad w/ WG Dinner Roll	Pasta with Meatballs and Marinara Sauce	Wow Butter & Jelly Sandwich	Hamburger on bun	Orange Chicken (plant based) over brown rice
<b>FEATURED VEGGIES</b> Baby Carrots Apple Sauce Choice of Milk	<b>FEATURED VEGGIES</b> Baby Carrots Apple Sauce Choice of Milk	<b>FEATURED VEGGIES</b> Baby Carrots Apple Sauce Choice of Milk	<b>FEATURED VEGGIES</b> Baby Carrots Apple Sauce Choice of Milk	<b>FEATURED VEGGIES</b> Baby Carrots Apple Sauce Choice of Milk
<b>3/9/26</b>	<b>3/10/26</b>	<b>3/11/26</b>	<b>3/12/26</b>	<b>3/13/26</b>
Italian Meatball Parm Sub w/ vegan cheese and Plant based Meatballs	General Tso Plant Based chicken over brown rice	Garden Saladw/ WG Dinner Roll	Plant Based Chicken Nuggets and fries	Cauliflower Pizza with Vegan Cheese
<b>FEATURED VEGGIES</b> Baby Carrots Apple Sauce Choice of Milk	<b>FEATURED VEGGIES</b> Baby Carrots Apple Sauce Choice of Milk	<b>FEATURED VEGGIES</b> Baby Carrots Apple Sauce Choice of Milk	<b>FEATURED VEGGIES</b> Baby Carrots Apple Sauce Choice of Milk	<b>FEATURED VEGGIES</b> Baby Carrots Apple Sauce Choice of Milk
<b>3/16/26</b>	<b>3/17/26</b>	<b>3/18/26</b>	<b>3/19/26</b>	<b>3/20/26</b>
Garden Saladw/ WG Dinner Roll	Pasta with Meatballs and Marinara Sauce	Wow Butter & Jelly Sandwich	Hamburger on bun	Orange Chicken (plant based) over brown rice
<b>FEATURED VEGGIES</b> Baby Carrots Apple Sauce Choice of Milk	<b>FEATURED VEGGIES</b> Baby Carrots Apple Sauce Choice of Milk	<b>FEATURED VEGGIES</b> Baby Carrots Apple Sauce Choice of Milk	<b>FEATURED VEGGIES</b> Baby Carrots Apple Sauce Choice of Milk	<b>FEATURED VEGGIES</b> Baby Carrots Apple Sauce Choice of Milk
<b>3/23/26</b>	<b>3/24/26</b>	<b>3/25/26</b>	<b>3/26/26</b>	<b>3/27/26</b>
Italian Meatball Parm Sub w/ vegan cheese and Plant based Meatballs	General Tso Plant Based chicken over brown rice	Garden Salad w/ WG Dinner Roll	Plant Based Chicken Nuggets and fries	Cauliflower Pizza with Vegan Cheese
<b>FEATURED VEGGIES</b> Baby Carrots Apple Sauce Choice of Milk	<b>FEATURED VEGGIES</b> Baby Carrots Apple Sauce Choice of Milk	<b>FEATURED VEGGIES</b> Baby Carrots Apple Sauce Choice of Milk	<b>FEATURED VEGGIES</b> Baby Carrots Apple Sauce Choice of Milk	<b>FEATURED VEGGIES</b> Baby Carrots Apple Sauce Choice of Milk
<b>3/30/26</b>	<b>3/31/26</b>			
<b>Don't forget:</b> <b>NO SCHOOL ACT 80 DAY</b>	<b>Don't forget:</b> <b>NO SCHOOL ACT 80 DAY</b>			
<b>FEATURED VEGGIES</b> Baby Carrots Apple Sauce Choice of Milk	<b>FEATURED VEGGIES</b> Baby Carrots Apple Sauce Choice of Milk			

### What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.

Meat or Meat Alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread  
Choice of Milk

### Daily Vegetable Choices May Include:

Spinach, Broccoli, Romaine Salad, Spring Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans, Cabbage and Green Peppers

### Daily Fruit Choices May Include:

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges

### Choice of Milk

1% white, 1% white, 1% chocolate, 1% vanilla, 1% strawberry

Lactaid & Vanilla Soy products available.

Daily vegetable and Fruit are also available if allergy restrictions do not apply to the individual.

**Brian Beauregard**  
Metz Culinary Management  
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