



BASD Vegan Menu-MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
3/2/26	3/3/26	3/4/26	3/5/26	3/6/26
Garden Salad w/ WG Dinner Roll	Pasta with Meatballs and Marinara Sauce	Wow Butter & Jelly Sandwich	Black Bean Burger on bun	Orange Chicken (plant based) over brown rice
FEATURED VEGGIES Baby Carrots Apple Sauce Choice of Milk	FEATURED VEGGIES Baby Carrots Apple Sauce Choice of Milk	FEATURED VEGGIES Baby Carrots Apple Sauce Choice of Milk	FEATURED VEGGIES Baby Carrots Apple Sauce Choice of Milk	FEATURED VEGGIES Baby Carrots Apple Sauce Choice of Milk
3/9/26	3/10/26	3/11/26	3/12/26	3/13/26
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
FEATURED VEGGIES Baby Carrots Apple Sauce Choice of Milk	FEATURED VEGGIES Baby Carrots Apple Sauce Choice of Milk	FEATURED VEGGIES Baby Carrots Apple Sauce Choice of Milk	FEATURED VEGGIES Baby Carrots Apple Sauce Choice of Milk	FEATURED VEGGIES Baby Carrots Apple Sauce Choice of Milk
3/16/26	3/17/26	3/18/26	3/19/26	3/20/26
Garden Saladw/ WG Dinner Roll	Pasta with Meatballs and Marinara Sauce	Wow Butter & Jelly Sandwich	Black Bean Burger on bun	Orange Chicken (plant based) over brown rice
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3/23/26	3/24/26	3/25/26	3/26/26	3/27/26
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
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3/30/26	3/31/26			
Don't forget: NO SCHOOL ACT 80 DAY	Don't forget: NO SCHOOL ACT 80 DAY			
FEATURED VEGGIES Baby Carrots Apple Sauce Choice of Milk	FEATURED VEGGIES 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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