



TMS MENU MARCH 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Grilled Chopped chicken Yellow Rice Corn Sugar Cookie	2 Wild Caught Fish sticks Tater tots Fresh Fruit	3 Spaghetti Pomodoro (parmesan cheese on the side) Garlic Bread Apple Sauce	4 Lean beef picadillo (hidden Vegetables) Rice, Beans and Corn Mini Brownie	5 Mandelstam Pizza Day
8 Mac and Cheese Garlic Bread Fresh fruit	9 Grass Fed Beef Burger (hidden vegetables) Lettuce and Tomato Homemade Potato chips Vanilla Yogurt	10 Cheese Quesadilla Kale and Spinach chips Pico Gallo (individual containers) Mini Brownie	11 Organic Chicken Tenders Tater tots Chocolate Pudding	12 Mandelstam Pizza Day
15 Hotdog Homemade Potato chips Fruit	16 Chicken teriyaki (on the side) White Rice Sauté Broccoli Apple sauce	17 Penne a la Bolognese Garlic bread Sugar cookie	18 Cheese Quesadilla Kale and Spinach chips Pico Gallo (individual containers) Chocolate Pudding	19 Mandelstam Pizza Day
22 Organic Chicken Tenders Tater tots Sugar cookie	23 Mac and Cheese Garlic Bread Apple sauce	24 Wild Caught Fish sticks Baby carrots Vanilla Yogurt	25 Grass Fed Beef Burger (hidden vegetables) Lettuce and Tomato Homemade Potato chips Fresh fruit	26 Mandelstam Pizza Day
29 Spring Break – No School	30 Spring Break – No School	31 Spring Break – No School	ALTERNATIVE CHOICES -Chicken Tenders (gluten Free) -Baked Wild Caught Fish Sticks -Burger with Homemade potato chips - Hot Dog (nitrate free) with Homemade potato chips -Grilled chicken with white rice -Cheese Ravioli with Pomodoro sauce or butter and parmesan cheese	Please contact us for your child special requirements or submit changes to: mvsprout2016@gmail.com (MUST receive 24 hours prior to service date)



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			-Chicken Caesar Salad	
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Veggie menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Grilled Tofu Yellow Rice Corn Sugar Cookie	2 Veggie wrap Tater tots Fresh Fruit	3 Spaghetti Pomodoro (parmesan cheese on the side) Garlic Bread Apple Sauce	4 Black Beans White rice Corn Mini Brownie	5 Mandelstam Pizza Day
8 Mac and Cheese Garlic Bread Fresh fruit	9 Veggie Burger Lettuce and Tomato Homemade Potato chips Vanilla Yogurt	10 Cheese Quesadilla Kale and Spinach chips Pico Gallo (individual containers) Mini Brownie	11 Falafel Tater tots Chocolate Pudding	12 Mandelstam Pizza Day
15 Cheese ravioli Bread Fruit	16 Black beans White Rice Sauté Broccoli Apple sauce	17 Penne Pomodoro Garlic bread Sugar cookie	18 Cheese Quesadilla Kale and Spinach chips Pico Gallo (individual containers) Chocolate Pudding	19 Mandelstam Pizza Day



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<p>22 Falafel Tater tots Sugar cookie</p>	<p>23 Mac and Cheese Garlic Bread Apple sauce</p>	<p>24 Cheese Ravioli Baby carrots Vanilla Yogurt</p>	<p>25 Veggie Burger Lettuce and Tomato Homemade Potato chips Fresh fruit</p>	<p>26 Mandelstam Pizza Day</p>
<p>29 Spring Break – No School</p>	<p>30 Spring Break – No School</p>	<p>31 Spring Break – No School</p>	<p>ALTERNATIVE CHOICES -Chicken Tenders (gluten Free) -Baked Wild Caught Fish Sticks -Burger with Homemade potato chips - Hot Dog (nitrate free) with Homemade potato chips -Grilled chicken with white rice -Cheese Ravioli with Pomodoro sauce or butter and parmesan cheese -Chicken Caesar Salad</p>	<p>Please contact us for your child special requirements or submit changes to: mvsprout2016@gmail.com (MUST receive 24 hours prior to service date)</p>