

# MARCH 2022 MENU WITH VEGETARIAN OPTIONS



GOURMET EXPRESS (404)371-4566

FEBRUARY MENU (20 Days)

|   | TUESDAY 1   | WEDNESDAY 2  | THURSDAY 3  | FRIDAY 4  |
|---|---|--|---|---|
|   | <p><u>Breakfast</u><br/>Whole Wheat Chex Mix<br/>Mixed Fruit<br/>100% Fruit Juice<br/><b>(DAR)</b> Milk</p> <p><u>Lunch</u><br/>Mango Chili Chicken<br/>(VEG) Mango Chili Veggie<br/>Herb Brown Rice<br/>Green Peas<br/>Fruit Cocktail<br/><b>(DAR)</b> Milk</p>      | <p><u>Breakfast</u><br/>Cheerios Cereal<br/>Diced Peaches<br/>100% Fruit Juice<br/><b>(DAR)</b> Milk</p> <p><u>Lunch</u><br/><b>(DAR)</b> Beefy Mack (w/wheat noodles)<br/>(VEG) Veggie Mac<br/>Black Beans<br/>Apple Sauce<br/><b>(DAR)</b> Milk</p>  | <p><u>Breakfast</u><br/><b>(DAR)</b> Blueberry Muffins<br/>Banana<br/>100% Fruit Juice<br/><b>(DAR)</b> Milk</p> <p><u>Lunch</u><br/>Mango BBQ Beef Meatballs<br/>(VEG) Sautéed BBQ Vegetables<br/>Brown Rice<br/>Mixed Vegetables<br/>Diced Pears<br/><b>(DAR)</b> Milk</p>      | <p><u>Breakfast</u><br/>Pop Tarts<br/>Whole Pears<br/>100% Fruit Juice<br/><b>(DAR)</b> Milk</p> <p><u>Lunch</u><br/>Grilled Chicken Salad Sandwich<br/>(VEG) Grilled Veggie Sandwich<br/>Whole Wheat Bread<br/>Garden Salad w/ Dressing<br/>Pineapple Tidbits<br/><b>(DAR)</b> Milk</p>    |
| MONDAY 7  | TUESDAY 8   | WEDNESDAY 9  | THURSDAY 10   | FRIDAY 11   |
| <p><u>Breakfast</u><br/>Nutri Grain Bars<br/><b>(DAR)</b> String Cheese<br/>Apple Sauce<br/>100% Fruit Juice<br/><b>(DAR)</b> Milk</p> <p><u>Lunch</u><br/>Sloppy joe<br/><b>(VEG)</b> Roasted Veggie Joe<br/>Whole Wheat Bun<br/>Roasted Corn<br/>Mandarin<br/><b>(DAR)</b> Milk</p> | <p><u>Breakfast</u><br/>Raisin Bran Cereal<br/>Mixed Fruit<br/>100% Fruit Juice<br/><b>(DAR)</b> Milk</p> <p><u>Lunch</u><br/>BBQ Chicken Legs<br/><b>(VEG)</b> BBQ Tofu<br/>Curried Cabbage<br/><b>(DAR)</b> Corn Bread<br/>Fruit Cocktail<br/><b>(DAR)</b> Milk</p> | <p><u>Breakfast</u><br/><b>(DAR)</b> Mini Bagel/Cream Cheese<br/>Diced Peaches<br/>100% Fruit Juice<br/><b>(DAR)</b> Milk</p> <p><u>Lunch</u><br/>Beef Tacos<br/><b>(VEG)</b> Roasted Veggie Tacos<br/>Whole Wheat Tortilla<br/>Tomato Salsa<br/>Black Beans<br/>Pineapple Tidbits<br/><b>(DAR)</b> Milk</p> | <p><u>Breakfast</u><br/>Breakfast Biscuits<br/>Fruit Cocktail<br/>100% Fruit Juice<br/><b>(DAR)</b> Milk</p> <p><u>Lunch</u><br/><b>(DAR)</b> Garlic Chicken Alfredo<br/>(VEG) Veggie Alfredo<br/>Whole Wheat Pasta<br/>Roasted Broccoli<br/>Diced Pear<br/><b>(DAR)</b> Milk</p> | <p><u>Breakfast</u><br/><b>(DAR)</b> Cinnamon Pastry Rolls<br/>Mixed Fruit<br/>100% Fruit Juice<br/><b>(DAR)</b> Milk</p> <p><u>Lunch</u><br/>(CL)Cajun Chicken Pasta Salad<br/>(VEG) Cajun Veggie Pasta<br/>Whole Wheat Pasta<br/>Garbanzo Beans<br/>Apple Sauce<br/><b>(DAR)</b> Milk</p> |

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| MONDAY 14   | TUESDAY 15   | WEDNESDAY 16   | THURSDAY 17   | FRIDAY 18   |
|---|--|--|---|---|
| <p><u>Breakfast</u><br/>Apple Cinnamon Cereal<br/>Apple Sauce<br/>100% Fruit Juice<br/><b>(DAR) Milk</b></p> <p><u>Lunch</u><br/>Beef Hamburgers<br/>(VEG) Garden Burgers<br/>Whole Wheat Bun<br/>Pinto Beans<br/>Pineapple Tidbits<br/><b>(DAR) Milk</b></p> | <p><u>Breakfast</u><br/>Granola Bars<br/>Diced Peaches<br/>String Cheese<br/>100% Fruit Juice<br/><b>(DAR) Milk</b></p> <p><u>Lunch</u><br/>Sweet &amp; Sour Chicken<br/>(VEG) Sweet &amp; Sour Vegetables<br/>Steamed Brown Rice<br/>California Blend<br/>Apple Sauce<br/><b>(DAR) Milk</b></p>     | <p><u>Breakfast</u><br/><b>(DAR)</b> Blueberry Muffins<br/>Whole Pears<br/>100% Fruit Juice<br/><b>(DAR) Milk</b></p> <p><u>Lunch</u><br/>Hawaiian Meatballs<br/>(VEG) Roasted Vegetable Pasta<br/>Brown Rice Pilaf w/ Red Peppers<br/>Green Beans<br/>Pineapple Tidbits<br/><b>(DAR) Milk</b></p>               | <p><u>Breakfast</u><br/>Pop Tarts<br/>Apple Sauce<br/>100% Fruit Juice<br/><b>(DAR) Milk</b></p> <p><u>Lunch</u><br/>Teriyaki Chicken W/ Asian Noodles<br/>(VEG) Vegetable Teriyaki Noodles<br/>Whole Wheat Noodles<br/>Broccoli Stir Fry<br/>Diced Peaches<br/><b>(DAR) Milk</b></p> | <p><u>Breakfast</u><br/>Apple Filled Pastry Frudel<br/>Bananas<br/>100% Fruit Juice<br/><b>(DAR) Milk</b></p> <p><u>Lunch</u><br/><b>(DAR)</b> Turkey &amp; American<br/>Cheese Sandwich<br/>Whole Wheat Bread<br/>Grape Tomatoes<br/>Orange Wedges<br/><b>(DAR) Milk</b></p>                               |
| MONDAY 21   | TUESDAY 22   | WEDNESDAY 23   | THURSDAY 24   | FRIDAY 25   |
| <p><u>Breakfast</u><br/>Cheerios Cereal<br/>Diced Peaches<br/>100% Fruit Juice<br/><b>(DAR) Milk</b></p> <p><u>Lunch</u><br/><b>(DAR)</b> Beefy Mack (w/wheat<br/>noodles)<br/>(VEG) Veggie Mac<br/>Green Beans<br/>Apple Sauce<br/><b>(DAR) Milk</b></p>     | <p><u>Breakfast</u><br/>Whole Wheat Chex Mix<br/>Mixed Fruit<br/>100% Fruit Juice<br/><b>(DAR) Milk</b></p> <p><u>Lunch</u><br/>Garlic &amp; herb chicken Legs<br/>(VEG) Roasted Eggplant Parm<br/>Brown Rice Pilaf w/ Red Peppers<br/>Mixed Vegetables<br/>Fruit Cocktail<br/><b>(DAR) Milk</b></p> | <p><u>Breakfast</u><br/>Nutri-Grain Bar<br/><b>(DAR)</b> String Cheese<br/>Apple Sauce<br/>100% Fruit Juice<br/><b>(DAR) Milk</b></p> <p><u>Lunch</u><br/><b>(DAR)</b> Coconut Curried Chicken<br/>(VEG) Coconut Curried Veggies<br/>Yellow Rice<br/>Golden Corn<br/>Pineapple Tidbits<br/><b>(DAR) Milk</b></p> | <p><u>Breakfast</u><br/>Whole Wheat Chex Mix<br/>Mixed Fruit<br/>100% Fruit Juice<br/><b>(DAR) Milk</b></p> <p><u>Lunch</u><br/>Mango Chili Chicken<br/>(VEG) Mango Chili Veggie<br/>Herb Brown Rice<br/>Green Peas<br/>Fruit Cocktail<br/><b>(DAR) Milk</b></p>                      | <p><u>Breakfast</u><br/>Golden Graham Cereal Bar<br/>Whole Banana<br/>100% Fruit Juice<br/><b>(DAR) Milk</b></p> <p><u>Lunch</u><br/>Grilled Chicken Salad Sandwich<br/><b>(VEG)</b> Grilled Veggie Sandwich<br/>Whole Wheat Bread<br/>Garden Salad w/ Dressing<br/>Diced Peaches<br/><b>(DAR) Milk</b></p> |

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| MONDAY 28  | TUESDAY 29  | WEDNESDAY 30   | THURSDAY 31  |
|--|---|--|--|
| <p><u>Breakfast</u><br/>Pop Tarts<br/><b>(DAR)</b> String Cheese<br/>Apple Sauce<br/>100% Fruit Juice<br/><b>(DAR)</b> Milk</p> <p><u>Lunch</u><br/>Beef Hot Dogs<br/><b>(VEG)</b> Veggie Hotdog<br/>Wheat Hot Dog Buns<br/>Baked Beans<br/>Apple Slices<br/><b>(DAR)</b> Milk</p> | <p><u>Breakfast</u><br/>Raisin Bran Cereal<br/>Mixed Fruit<br/>100% Fruit Juice<br/><b>(DAR)</b> Milk</p> <p><u>Lunch</u><br/>BBQ Chicken Legs<br/><b>(VEG)</b> BBQ Tofu<br/>Curried Cabbage<br/><b>(DAR)</b> Corn Bread<br/>Fruit Cocktail<br/><b>(DAR)</b> Milk</p> | <p><u>Breakfast</u><br/>Granola Bars<br/>Diced Peaches<br/>String Cheese<br/>100% Fruit Juice<br/><b>(DAR)</b> Milk</p> <p><u>Lunch</u><br/>Mango BBQ Beef Meatballs<br/><b>(VEG)</b> Sautéed BBQ Vegetables<br/>Brown Rice<br/>Mixed Vegetables<br/>Diced Pears<br/><b>(DAR)</b> Milk</p> | <p><u>Breakfast</u><br/><b>(DAR)</b> Blueberry Muffins<br/>Banana<br/>100% Fruit Juice<br/><b>(DAR)</b> Milk</p> <p><u>Lunch</u><br/>Sweet &amp; Sour Chicken<br/><b>(VEG)</b> Sweet &amp; Sour Vegetables<br/>Steamed Brown Rice<br/>Roasted Corn<br/>Apple Sauce<br/><b>(DAR)</b> Milk</p> |

## MENU NOTIFICATIONS

**(DAR)**- Dairy used in Meal

**(VEG)** – Vegetarian Options

**(W/W)** – Whole Wheat

**NUTS** – Nuts are never served. We serve Soy or Sunflower butter as a peanut butter substitute

**PORK** – Pork is never served

**Substitutions** – Due to the Covid-19 pandemic, the entire country is experiencing consistent supply chain shortages. The food supply chain is no exception. We reserve the right to make menu or supply item substitutions whenever necessary without prior notice. We will update customers as soon as possible so that they can make the necessary adjustments.