

**FOOD AND NUTRITION SERVICES**

# FASTING MENU 2025

Served Daily with Breakfast: whole fruit, 100% fruit juice, and shelf-stable milk

Served Daily with Lunch: whole fruit, raisins, and shelf-stable milk

Monday	Tuesday	Wednesday	Thursday	Friday
				2/28
<ul style="list-style-type: none"> <li>• <b>Fruit options may include the following:</b> Whole Apple, Whole Orange and/or Whole Banana</li> <li>• <b>100% Juice options may include the following:</b> Apple and/or Orange Tangerine</li> </ul>				<b>Breakfast:</b> Blueberry Muffin Top String Cheese  <b>Lunch:</b> PB & J Power Pack Baby carrots
3/3	3/4	3/5	3/6	3/7
<b>Breakfast:</b> Bagel Cream Cheese Sunflower Seeds or String Cheese  <b>Lunch:</b> Chickenless Bites Breakfast Bread Corn	<b>Breakfast:</b> Yogurt Granola  <b>Lunch:</b> PB & J Power Pack Black Beans	<b>Breakfast:</b> Pumpkin Bread Sunflower Seeds or String Cheese  <b>Lunch:</b> Chickenless Bites Broccoli	<b>Breakfast:</b> Pancakes Sunflower Seeds or String Cheese  <b>Lunch:</b> Chana Masala Brown Rice	<b>Breakfast:</b> Blueberry Bread String Cheese  <b>Lunch:</b> PB & J Power Pack Carrots
3/10	3/11	3/12	3/13	3/14
<b>Breakfast:</b> Pancakes Sunflower Seeds or String Cheese  <b>Lunch:</b> PB & J Power Pack Cherry Tomatoes	<b>Breakfast:</b> Yogurt Granola  <b>Lunch:</b> Bean & Cheese Pupusa Tex Mex Corn	<b>Breakfast:</b> Pumpkin Bread String Cheese  <b>Lunch:</b> Chickenless Bites Dinner Roll Broccoli	<b>Breakfast:</b> Pancakes Sunflower Seeds or String Cheese  <b>Lunch:</b> Orange Chickenless Bites Brown Rice Beans	<b>Breakfast:</b> Blueberry Bread String Cheese  <b>Lunch:</b> PB & J Power Pack Baby Carrots
3/17	3/18	3/19	3/20	3/21
<b>Breakfast:</b> Pancakes Sunflower Seeds or String Cheese  <b>Lunch:</b> Vegan Burger Potato Wedges Beans	<b>Breakfast:</b> Yogurt Granola  <b>Lunch:</b> PB & J Power Pack Broccoli	<b>Breakfast:</b> Pumpkin Bread String Cheese  <b>Lunch:</b> Tortilla Chips Cheese Sauce Black Beans Carrots	<b>Breakfast:</b> Pancakes Sunflower Seeds or String Cheese  <b>Lunch:</b> Chickenless Bites Dinner Roll Tomatoes	<b>Breakfast:</b> Blueberry Muffin Top String Cheese  <b>Lunch:</b> PB & J Power Pack Carrots
3/24	3/25	3/26	3/27	3/28
<b>Breakfast:</b> Bagel Cream Cheese Sunflower Seeds or String Cheese  <b>Lunch:</b> Chickenless Bites Breakfast Bread Tomatoes	<b>Breakfast:</b> Yogurt Granola  <b>Lunch:</b> Vegan Burger Beans	<b>Breakfast:</b> Pumpkin Bread String Cheese  <b>Lunch:</b> PB & J Power Pack Broccoli	<b>Breakfast:</b> Pancakes Sunflower Seeds or String Cheese  <b>Lunch:</b> Chana Masala Brown Rice Corn	<b>Breakfast:</b> Blueberry Bread String Cheese  <b>Lunch:</b> Chickenless Bites Dinner Roll Baby Carrots

# DIETARY PREFERENCES MENU KEY

	<b>Vegetarian</b>	<b>Halal</b>	<b>Kosher</b>	<b>Vegan</b>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Bagel</li> <li>• Blueberry Bread</li> <li>• Blueberry Muffin Top</li> <li>• Mini Maple Pancakes</li> <li>• Pumpkin Bread</li> <li>• String Cheese</li> <li>• Sunflower Seeds</li> <li>• Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Bagel</li> <li>• Blueberry Bread</li> <li>• Blueberry Muffin Top</li> <li>• Granola</li> <li>• Pumpkin Bread</li> <li>• String Cheese</li> <li>• Sunflower Seeds</li> <li>• Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Blueberry Muffin Top</li> <li>• Granola</li> <li>• Mini Maple Pancakes</li> <li>• String Cheese</li> <li>• Sunflower Seeds</li> <li>• Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Granola</li> <li>• Sunflower Seeds</li> </ul>
	<b>Vegetarian</b>	<b>Halal</b>	<b>Kosher</b>	<b>Vegan</b>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Bean &amp; Cheese Pupa</li> <li>• Breakfast Bread</li> <li>• Chana Masala with Brown Rice</li> <li>• Nachos with Black Beans &amp; Cheese Sauce</li> <li>• PB&amp;J Power Pack</li> </ul>	<ul style="list-style-type: none"> <li>• Baby Carrots</li> <li>• Bean &amp; Cheese Pupa</li> <li>• Black Beans</li> <li>• Breakfast Bread</li> <li>• Broccoli</li> <li>• Chana Masala with Brown Rice</li> <li>• Cherry Tomatoes</li> <li>• Chickenless Bites with Roll</li> <li>• Corn</li> <li>• Orange Chickenless Bites with Brown Rice</li> <li>• PB&amp;J Power Pack</li> <li>• Potato Wedges</li> <li>• Tex Mex Corn</li> <li>• Vegan Burger on Bun</li> </ul>	<ul style="list-style-type: none"> <li>• Baby Carrots</li> <li>• Black Beans</li> <li>• Broccoli</li> <li>• Chana Masala with Brown Rice</li> <li>• Cherry Tomatoes</li> <li>• Chickenless Bites with Roll</li> <li>• Corn</li> <li>• Orange Chickenless Bites with Brown Rice</li> <li>• PB&amp;J Power Pack</li> <li>• Potato Wedges</li> <li>• Tex Mex Corn</li> <li>• Vegan Burger on Bun</li> </ul>	<ul style="list-style-type: none"> <li>• Baby Carrots</li> <li>• Black Beans</li> <li>• Broccoli</li> <li>• Cherry Tomatoes</li> <li>• Chickenless Bites with Roll</li> <li>• Corn</li> <li>• Orange Chickenless Bites with Brown Rice</li> <li>• Potato Wedges</li> <li>• Tex Mex Corn</li> <li>• Vegan Burger on Bun</li> </ul>