

# Kinetic West March 2024 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
				01
				<b>Breakfast</b> W Home Baked KuKu Squares Apple Milk <b>Lunch</b> W Chicken Salad Sandwich Beans + Orzo Side Salad Apple Milk
04	05	06	07	08
<b>Breakfast</b> W Breakfast Cereal of the Day Apple Milk <b>Lunch</b> W Roast Beef Sandwich Beans + Orzo Side Salad Pear Milk	<b>Breakfast</b> W Home Baked Peach Ginger Muffin Orange Milk <b>Lunch</b> W Turkey and Cheese Sandwich on Fresh Chibatta Baby Carrots Chefables Seasonal Fruit Milk	<b>Breakfast</b> W Home Baked Squares Apple Milk <b>Lunch</b> W Chefables Sub Sandwich Corn Salad with Balsamic Pear Milk	<b>Breakfast</b> W Home Baked Whole Grain Lychee Waffle Orange Milk <b>Lunch</b> W All Beef HOT DOG on Honey WG Bun Bagged Baby Carrots Chefables Seasonal Fruit Milk	<b>Breakfast</b> W Hodge Podge (Rice Porridge) Apple Milk <b>Lunch</b> W Chicken Salad Sandwich Broccoli Slaw Pear Milk
11	12	13	14	15
<b>Closed</b>	<b>Breakfast</b> W Home Baked Cheddar Corn Bread Muffin Orange Milk <b>Lunch</b> W Roast Beef Sandwich Sweet Corn Salad with Buttermilk Dressing Chefables Seasonal Fruit Milk	<b>Breakfast</b> W Home Baked Squares Apple Milk <b>Lunch</b> W V Cheese Sandwich on Fresh Chibatta Broccoli Slaw Pear Milk	<b>Breakfast</b> W Home Baked French Toast Sticks Orange Milk <b>Lunch</b> W Classic Chicken Sandwich on Honey WG Bun Bagged Roasted Edamame Chefables Seasonal Fruit Milk	<b>Breakfast</b> W Cream Cheese Stuffed Sesame Seed Bagel Bite Apple Milk <b>Lunch</b> W Chefables Sub Sandwich Baby Carrots Pear Milk
18	19	20	21	22
<b>Breakfast</b> W Breakfast Cereal of the Day Apple Milk <b>Lunch</b> W V Egg Salad Sandwich Sweet Corn Salad with Buttermilk Dressing Pear Milk	<b>Breakfast</b> W Home Baked Classic Banana Muffin Orange Milk <b>Lunch</b> W Roast Beef Sandwich Pea Salad Chefables Seasonal Fruit Milk	<b>Breakfast</b> W Home Baked Lemon Poppy Seed Breakfast Coquille Apple Milk <b>Lunch</b> W Turkey Sandwich on Fresh Chibatta Broccoli Slaw Pear Milk	<b>Breakfast</b> W UBE Bagel Orange Milk <b>Lunch</b> W Beef Burger on Honey WG Bun Bagged Roasted Edamame Chefables Seasonal Fruit Milk	<b>Breakfast</b> W Hodge Podge (Rice Porridge) Apple Milk <b>Lunch</b> W Chefables Sub Sandwich Roasted Carrots + Toasted Pumpkin Seeds Pear Milk
25	26	27	28	29
<b>Breakfast</b> W Breakfast Cereal of the Day Apple Milk <b>Lunch</b> W V Egg Salad Sandwich Sweet Corn Salad with Buttermilk Dressing Pear Milk	<b>Breakfast</b> W Home Baked Gingerbread, Cinnamon, Molasses Muffin Orange Milk <b>Lunch</b> W Roast Beef Sandwich Roasted Carrots + Toasted Pumpkin Seeds Chefables Seasonal Fruit Milk	<b>Breakfast</b> W Home Baked Squares Apple Milk <b>Lunch</b> W Turkey and Cheese Sandwich on Fresh Chibatta Broccoli Slaw Pear Milk	<b>Breakfast</b> W Home Baked Buttermilk Pancakes Orange Milk <b>Lunch</b> W Chicken Corn Dog Bagged Roasted Edamame Chefables Seasonal Fruit Milk	<b>Breakfast</b> W Home Baked Berry Fruit Square Orange Milk <b>Lunch</b> W Chicken Salad Sandwich Baby Carrots Apple Milk

## Notes

- Chefables reserves the right to substitute stated menu items if it becomes unavailable in the market or due to unforeseen circumstances.
- This institution is an equal opportunity provider.
- Lowfat (1%) milk or non-fat milk offered/served at ALL breakfast, and Lunch meals. All Milk served is rBST-free.



Just some of the vegetables this month: Artichoke Asian greens asparagus avocado beets bok choy broccoli rabe Brussels sprouts cabbage carrots cauliflower celery chard collard kale lettuces mushrooms onion parsnips potatoes radishes rutabagas scallions spinach winter squash sweet potato sunchokes turnips



Just some of the fruits this month: Apple Asian pear dates Grapefruit kiwi kumquat lemon limes mandarin oranges persimmon pomelos strawberry

**NEW** = New menu offering    **W** = Whole Grain Rich    **V** = Vegetarian Menu Option