

March Gluten Free Breakfast Menu



Eagle Academy Public Charter School

Congress Heights
Capitol Riverfront



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Gluten Free Cereal Cheese Stick Fresh Honeydew Wedge Skim or 1% Milk
4 Gluten Free Waffles with Syrup Turkey Sausage Fresh Pear Skim or 1% Milk	5 Dr. Seuss Day Green Eggs & Ham Gluten Free Toast Fresh Apple Skim or 1% Milk	6 Potato & Cheese Frittata Gluten Free English Muffin Banana Skim or 1% Milk	7 Gluten Free Oatmeal with Dried Cranberries & Raisins Fresh Orange Wedges Skim or 1% Milk	8 Professional Development Day No School
11 Gluten Free Cereal Yogurt Fresh Pear Skim or 1% Milk	12 Scrambled Eggs with Cheese on Gluten Free Toast Fresh Apple Skim or 1% Milk	13 Gluten Free Oatmeal with Dried Cranberries & Raisins Banana Skim or 1% Milk	14 Turkey Sausage on a Gluten Free-English Muffin Fresh Orange Wedges Skim or 1% Milk	15 Gluten Free Cereal Cheese Stick Fresh Honeydew Wedge Skim or 1% Milk
18 Gluten Free Cereal Yogurt Fresh Pear Skim or 1% Milk	19 Chilaquiles with a Gluten Free Tortilla Fresh Apple Skim or 1% Milk	20 Gluten Free Cereal Yogurt Banana Skim or 1% Milk	21 Scrambled Eggs with Cheese on a Gluten Free-English Muffin Fresh Orange Wedges Skim or 1% Milk	22 Gluten Free Cereal Cheese Stick Fresh Honeydew Wedge Skim or 1% Milk
25 International Day Gluten Free Waffles with Syrup Fresh Pear Skim or 1% Milk	26 Turkey Sausage Gluten Free English Muffin Fresh Apple Skim or 1% Milk	27 Broccoli & Cheddar Egg Bake Gluten Free Toast Banana Skim or 1% Milk	28 Gluten Free Oatmeal with Dried Cranberries & Raisins Fresh Orange Wedges Skim or 1% Milk	29 Gluten Free Cereal Cheese Stick Fresh Honeydew Wedge Skim or 1% Milk

Homemade, healthy food made with love.

March Gluten Free Lunch Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Caesar Salad over Mixed Greens with Tomatoes Gluten Free Bread Orange Wedges Milk Varsity
4 Cheesy Baked Italian Gluten Free Pasta Sautéed Green Beans Chilled Broccoli Salad Fresh Honeydew Wedge Milk Varsity	5 Chicken Tacos with Shredded Cheese in a Gluten Free Tortilla Chili Black Beans Diced Tomatoes Fresh Pear Milk Varsity	6 Cuban Style Picadillo Beef Whole Grain Yellow Rice Garlic Cassava Spicy Kale Salad Fresh Apple Milk Varsity	7 BBQ Chicken Gluten Free Bread Roasted Butternut Squash Braised Collard Greens Fresh Banana Milk Varsity	8 Professional Development Day No School
11 Grilled Cheese on Gluten Free Bread Carrot Sticks Mixed Greens Salad Fresh Honeydew Wedge Milk Varsity	12 Beef & Cheese Tacos in a Gluten Free Tortilla Pinto Beans Fresh Pear Milk Varsity	13 Cajun Chicken Creole Louisiana Brown Rice Steamed Broccoli Red Beans Fresh Apple Milk Varsity	14 Oven Roasted Turkey Gluten Free Bread Mashed Sweet Potatoes Roasted Brussel Sprouts Fresh Banana Milk Varsity	15 Veggie Burger on Gluten Free Bread Braised Cabbage Steamed Sweet Peas Orange Wedges Milk Varsity
18 Baked Mac & Cheese with Gluten Free Pasta Stewed Lentils Mixed Greens Salad Fresh Honeydew Wedge Milk Varsity	19 Chicken Fajitas in a Gluten Free Tortilla Spanish Rice Sweet Plantains Peppers & Onions Fresh Pear Milk Varsity	20 Oven Roasted Meatloaf Gluten Free Bread Sautéed Collard Greens Mashed Potatoes Fresh Apple Milk Varsity	21 Cantonese Roast Chicken Fried Brown Rice Steamed Ginger Carrots Sautéed Broccoli Fresh Banana Milk Varsity	22 All Beef Cheeseburger on Gluten Free Bread Baked Beans Sliced Seasoned Tomatoes Orange Wedges Milk Varsity
25 International Day Cheesy Baked Italian Gluten Free Pasta Sautéed Zucchini & Onions Mixed Greens Salad Fresh Honeydew Wedge Milk Varsity	26 Beef & Cheese Tacos in a Gluten Free Tortilla Chili Black Beans Diced Tomatoes Fresh Pear Milk Varsity	27 Curried Chicken Brown Rice Steamed Cauliflower Roasted Chickpeas Fresh Apple Milk Varsity	28 Turkey & Cheese Sandwich on Gluten Free Bread Roasted Yukon Gold Potatoes Steamed Carrots Fresh Banana Milk Varsity	29 Chicken Caesar Salad over Mixed Greens with Tomatoes Gluten Free Bread Orange Wedges Milk Varsity

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March Gluten Free Supper Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Navy Bean Dip Gluten Free Crackers Zucchini Sticks Fresh Banana Milk Variety
4 Veggie Burger on Gluten Free Bread Glazed Carrots Apple Juice Milk Variety	5 Tuna Salad Gluten Free Crackers Sliced Cucumbers Fresh Honeydew Wedge Milk Variety	6 Lemon Pepper Chicken Farro Pilaf Steamed Corn Fresh Pear Milk Variety	7 Turkey Ham & Cheese on Gluten Free Bread Three Bean Salad Applesauce Milk Variety	8 Professional Development Day No School
11 Chicken Salad Gluten Free Crackers Sliced Cucumbers Apple Juice Milk Variety	12 Baked Mac & Cheese w/ Gluten Free Pasta Sautéed Kale Fresh Honeydew Wedge Milk Variety	13 Roasted Chicken Drumstick Gluten Free Bread Roasted Cauliflower Fresh Pear Milk Variety	14 Salisbury Steak with Gravy Gluten Free Bread Roasted Yukon Gold Potatoes Applesauce Milk Variety	15 Teriyaki Chicken Fried Brown Rice Sautéed Green Beans Fresh Banana Milk Variety
18 Chicken Nuggets Gluten Free Bread Braised Kale Apple Juice Milk Variety	19 Tuna Salad Gluten Free Crackers Zucchini Sticks Fresh Honeydew Wedge Milk Variety	20 Grilled Chicken Sandwich on Gluten Free Bread Steamed Corn Fresh Pear Milk Variety	21 Chef Salad w/ Turkey & Cheddar over Mixed Greens Gluten Free Bread Applesauce Milk Variety	22 Chicken & Cheese Quesadilla in a Gluten Free Tortilla Warm Black Bean & Corn Salsa Fresh Banana Milk Variety
25 International Day Hummus Gluten Free Crackers Roasted Garlic Eggplant Apple Juice Milk Variety	26 Turkey Ham & Cheese on Gluten Free Bread Steamed Corn Fresh Honeydew Wedge Milk Variety	27 Grilled Cheese Sandwich on Gluten Free Bread Sautéed Green Beans Fresh Pear Milk Variety	28 Jerk Chicken Brown Rice Sweet Plantains Applesauce Milk Variety	29 Baked Chicken Alfredo over Gluten Free Pasta Fire Roasted Tomatoes Fresh Banana Milk Variety

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