



Welcome
March

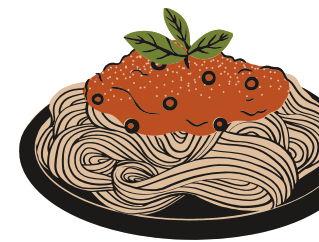
MONTICELLO

*HIGH SCHOOL AND
MIDDLE SCHOOL
LUNCH MENU 2025*

Wellness Tips for the Month of March

MARCH IS: NATIONAL NUTRITION AWARENESS MONTH

- **Eat the rainbow:** Visually on your plate, build one with dark leafy greens, reds, oranges, blues, yellows.
Color=Nutrients
- **Snacking for energy:** Choose snacks like yogurt that is high in protein, whole fruits, low sugar jerky, nuts and seeds, cottage cheese.
- **Water is your best friend:** Hydrate to help flush toxins, absorb nutrients, and replenish energy
- **Start your day with Protein:** Starting your day with protein helps regulate blood sugar and prevents energy crashes throughout the day.
- **Fruit=Natural Sugar:** When craving something sweet, try some berries or a banana with a nut/sun butter as a healthy swap for refined sugar.



In house made
items
in **PURPLE**

March 3rd- 7th

All Menus are
Subject to Change

DAILY OFFERINGS:

- ASSORTED MILK VARIETY
- ASSORTED FRESH AND CANNED
FRUIT
- SALAD BAR
- ASSORTED WG SANDWICHES
- ASSORTED WG WRAPS
- WG PB&J W/ CHEESE STICK
- SPECIALTY SALADS

Monday- 3.3.25

Hot Entree-

**Whole Grain Pasta with Meatballs,
Tomato Pesto Salad and Garlic
Green Beans with a Bread Stick**

Daily Specials Rotation-

- Mediterranean Quinoa Salad with Feta
- Veggie Burgers or a Cheeseburger
- Thai Style Salad with Chicken
- Siracha Chicken Wrap
- Raspberrry Yogurt Parfait with Granola
Pizza

Tuesday 3.4.25

Hot Entree-

**Teriyaki Chicken Bowl, with Garlic
and Ginger Seasoned Rice,
Roasted Broccoli**

Daily Specials Rotation-

- Cottage Cheese & Veggies with Breadstick
- Veggie Burgers or a Cheeseburger
- Tuna Salad with Greens
- Sesame Ginger Tuna Wrap
- Raspberrry Yogurt Parfait with Granola
Pizza

Wednesday- 3.5.25

**Grilled Cheese on a Pretzel Bun
with or without Ham, Watermelon
Cucumber Salad with Feta and
Broccoli**

Daily Specials Rotation-

- Southwest Quinoa Salad
- Black Bean Burger or a Cheeseburger
- Southwest Chicken
- Caesar Hot Cuban Wrap
- Peach Yogurt Parfait with Granola
Pizza

Thursday- 3.6.25

Hot Entree-

**Beef Taco- Soft Shell
Served with Lettuce, Tomato, and
Cheese. Mexicali Corn and
Seasoned Potatoes**

Daily Specials Rotation-

- Tabbouleh with Feta and Greens
- Black Bean Burger or a Cheeseburger
- Sesame Chicken Asian Noodles with Greens
- Italian Combo Wrap
- Pineapple Yogurt Parfait with Granola
Pizza

Friday- 3.7.25

Hot Entree-

**Assorted WG Pizza Choices
served with Caesar Salad, Roasted
Zucchini and Squash and a 3 Bean
Salad**

Daily Specials Rotation-

- Southwest Caesar Salad
- Veggies Burgers or a Cheeseburger
- Egg Salad with Greens
- California Wrap Mixed
- Yogurt Parfait with Granola



March 10th- 14th

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Monday- 3.10.25

Hot Entree-

Chicken Fajita w/ WG Tortilla, Served
with Roasted Onions, Peppers, Garlic
Savory Spanish Rice, and Corn

Daily Specials Rotation-
Hummus with Pita Chips and Greens
Veggie Burgers or a Cheeseburger
Chef Salad with Ham and
a Hard Boiled Egg
Siracha Chicken Wrap
Strawberry Yogurt Parfait with Granola
Pizza

Tuesday 3.11.25

Hot Entree-

Beef and Gravy with Baked Potato
w/ Sour Cream, Steamed Broccoli
and a Dinner Roll

Daily Specials Rotation-
Southwest Quinoa Salad
Black Bean Burger or a Cheeseburger
Southwest Chicken
Peach Yogurt Parfait with Granola
Pizza

Wednesday- 3.12.25

Chicken Parmesan served with Pasta
Salad, and Garlic Zucchini

Daily Specials Rotation-
Tabbouleh with Feta and Greens
Black Bean Burger or a Cheeseburger
Sesame Chicken Asian Noodles with Greens
Italian Combo Wrap
Pineapple Yogurt Parfait with Granola
Pizza

Thursday- 3.13.25

Hot Entree-

Assorted Pizzas with Caesar Salad
and Green Beans

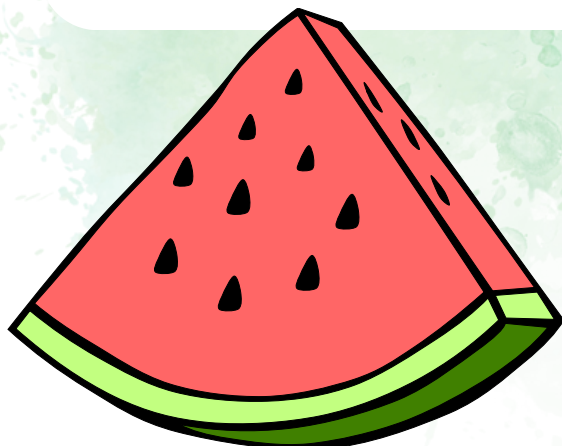
Daily Specials Rotation-
Hummus w. Pita Chips and Greens
Buffalo Chicken Salad
Thai Chicken Wrap
Yogurt Parfait
Cheeseburger

Friday- 3.14.25

NO STUDENTS,
CONFERENCE DAY

DAILY OFFERINGS:

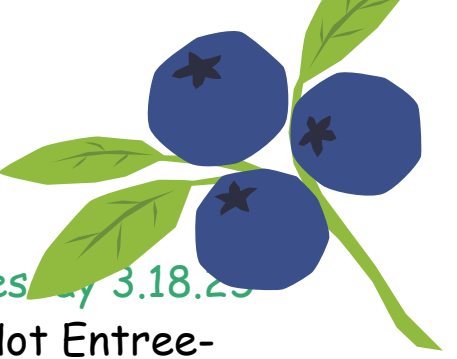
ASSORTED MILK VARIETY
ASSORTED FRESH AND CANNED
FRUIT
SALAD BAR
ASSORTED WG SANDWICHES
ASSORTED WG WRAPS
WG PB&J W/ CHEESE STICK
SPECIALTY SALADS



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March 17th- 21st



Monday- 3.17.25

Hot Entree-

Popcorn Chicken Bowl with Mashed Potatoes w/ Gravy, Corn and Corned Bread

Daily Specials Rotation-

Mediterranean Quinoa Salad with Feta
Veggie Burgers or a Cheeseburger
Thai Style Salad with Chicken
Siracha Chicken Wrap
Raspberry Yogurt Parfait with Granola
Pizza

Tuesday 3.18.25

Hot Entree-

Homemade Macaroni and Cheese w/ or w/out Ham, Peas and Carrots and a Tossed Salad

Daily Specials Rotation-

Southwest Quinoa Salad
Black Bean or a Cheeseburger
Southwest Chicken
Caesar Hot Cuban
Wrap Peach Yogurt
Parfait with Granola
Pizza

Wednesday- 3.19.25

Hot Entree-

Greek Chicken w/ Pita, served with Dill Tomato and Cucumber Salad, Italian Potato Salad w/ Fresh Green Beans and Cherry Tomatoes. Tzatziki sauce on the side

Daily Specials Rotation-

Cottage Cheese & Veggies with Breadstick
Veggie Burgers or a Cheeseburger
Tuna Salad with Greens
Sesame Ginger Tuna Wrap
Raspberry Yogurt Parfait with Granola
Pizza

Thursday- 3.20.25

Hot Entree-

WG Pork Fried Rice with Egg and Vegetables. Served with a side of Broccoli and topped with Chow Mein Noodles

Daily Specials-

Tabbouleh with Feta and Greens
Black Bean Burger or a Cheeseburger
Sesame Chicken Asian Noodles with Greens
Italian Combo Wrap
Pineapple Yogurt Parfait with Granola
Pizza

Friday- 3.21.25

Hot Entree-

Assorted WG Pizza Choices served with Tossed Salad and Assorted Veggie Sticks

Daily Specials-

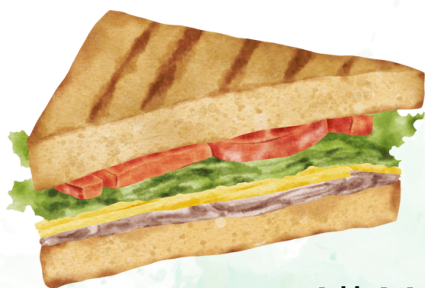
Southwest Caesar Salad
Veggies Burgers or a Cheeseburger
Egg Salad with Greens
California Wrap Mixed
Yogurt Parfait with Granola

DAILY OFFERINGS:

ASSORTED MILK VARIETY
ASSORTED FRESH AND CANNED
FRUIT
SALAD BAR
ASSORTED WG SANDWICHES
ASSORTED WG WRAPS
WG PB&J W/ CHEESE STICK
SPECIALTY SALADS



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March 24th-28th

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Tuesday 3.25.25

Hot Entree-

Nashville Hot (or not) Chicken on a WG Roll
with Red Cabbage Slaw with Apple
Vinaigrette and Baked Beans

Daily Specials-

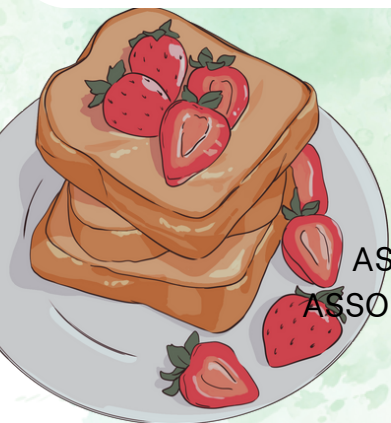
- Tabbouleh with Feta and Greens
- Black Bean Burger or a Cheeseburger
- Sesame Chicken Asian Noodles with Greens
- Italian Combo Wrap
- Pineapple Yogurt Parfait with Granola
- Pizza

Thursday- 3.27.25

Hot Entree-

Maple French Toast Bake with Baked
Ham and Hash Brown Patties

Local NY Featured Maple Syrup



DAILY OFFERINGS:

- ASSORTED MILK VARIETY
- ASSORTED FRESH AND CANNED
FRUIT
- SALAD BAR
- ASSORTED WG SANDWICHES
- ASSORTED WG WRAPS
- WG PB&J W/ CHEESE STICK
- SPECIALTY SALADS

Monday- 3.24.25

Hot Entree-

Meatball Hero with Pasta Salad and
Roasted Vegetables

Daily Specials-

- Southwest Quinoa Salad
- Black Bean or a Cheeseburger
- Southwest Chicken
- Caesar Hot Cuban
- Wrap Peach Yogurt
- Parfait with Granola
- Pizza

Wednesday- 3.26.25

Hot Entree-

Salisbury Steak with Fresh Mushroom
Gravy. Served with Savory Rice, Honey
Glazed Carrots, and Breadsticks

Daily Specials-

- Mediterranean Quinoa Salad with Feta
- Veggie Burgers or a Cheeseburger
- Thai Style Salad with Chicken
- Sriracha Chicken Wrap
- Raspberry Yogurt Parfait with Granola
- Pizza

Friday- 3.28.25

Hot Entree-

Assorted WG Pizza Choices served
with Roasted Chick Peas and a
Tossed Salad

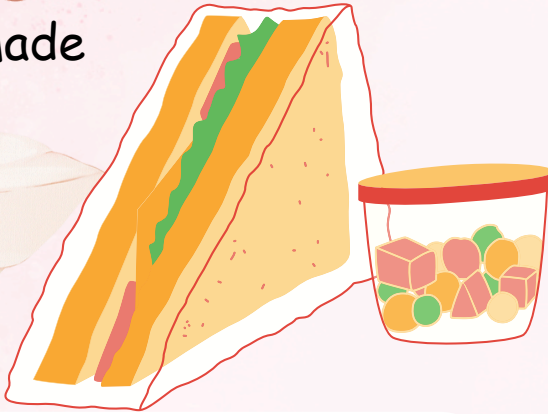
Daily Specials-

- Southwest Caesar Salad
- Veggies Burgers or a Cheeseburger
- Egg Salad with Greens
- California Wrap Mixed
- Yogurt Parfait with Granola

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March 31st- April 4th

In house made items in PURPLE



Tuesday 4.1.25

Hot Entree-

Stuffed Shells w/ Marinara, served with Caesar Salad w. Croutons, and Baby Carrots

Daily Specials-

Cottage Cheese & Veggies with Breadstick
Veggie Burgers or a Cheeseburger
Tuna Salad with Greens
Sesame Ginger Tuna Wrap
Raspberry Yogurt Parfait with Granola
Pizza

Thursday 4.3.25

Hot Entree-

Roast Turkey and Gravy with Baked Sweet Potatoes, Garlic Green Beans, and Corned Bread

Daily Specials-

Tabbouleh with Feta and Greens
Black Bean Burger or a Cheeseburger
Sesame Chicken Asian Noodles with Greens
Italian Combo Wrap
Pineapple Yogurt Parfait with Granola
Pizza

Monday- 3.31.25

Hot Entree-

Pork Carnitas with a Soft WG Tortilla, Fresh Pico De Gallo, House made Guacamole, and a Tossed Romaine Salad

Daily Specials-

Mediterranean Quinoa Salad with Feta
Veggie Burgers or a Cheeseburger
Thai Style Salad with Chicken
Siracha Chicken Wrap
Raspberry Yogurt Parfait with Granola
Pizza

Wednesday 4.2.25

Hot Entree-

Grilled Cheese and Tomato Soup with or without Ham, Gold Fish Crackers, and Fresh Broccoli w/ Ranch for Dipping

Daily Specials-

Southwest Quinoa Salad
Black Bean Burger or a Cheeseburger
Southwest Chicken
Caesar Hot Cuban Wrap
Peach Yogurt Parfait with Granola
Pizza

Friday 4.4.25

Hot Entree-

Assorted WG Pizza Choices served with Caesar Salad, Roasted Zucchini and Squash and a 3 Bean Salad

Daily Specials-

Southwest Caesar Salad
Veggies Burgers or a Cheeseburger
Egg Salad with Greens
California Wrap Mixed
Yogurt Parfait with Granola

DAILY OFFERINGS:

ASSORTED MILK VARIETY
ASSORTED FRESH AND CANNED
FRUIT
SALAD BAR
ASSORTED WG SANDWICHES
ASSORTED WG WRAPS
WG PB&J W/ CHEESE STICK
SPECIALTY SALADS



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