

March 2025



1640 W Hubbard Ave., Chicago, IL 60622

DAY OF WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
DATE	3	4	5	6	7
Breakfast	Strawberry Cocoa Oatmeal & Fruit (V)(GF)(SF)(EF)(DF)	Yogurt w/ Granola Crumbles & Fruit (VEG)(GF)(SF)(EF)	Cinnamon Swirl Pancakes w/ Syrup & Fruit (VEG)(SF)	Pumpkin Bread & Fruit (VEG)(SF)(DF)	Cranberry Orange Muffin & Fruit (VEG)(SF)
Breakfast Allergy	Plain Oatmeal & Fruit (V)(GF)(SF)(EF)(DF)	DF Vanilla Coconut Yogurt w/Plain Rice Puffs & Fruit (V)(GF)(SF)(EF)(DF)	GF & Vegan French Toast Sticks w/ Syrup & Fruit (V)(GF)(SF)(EF)(DF)	Vegan Pumpkin Oat Muffin & Fruit (V)(GF)(SF)(EF)(DF)	Vegan Apple Oat Muffin & Fruit (V)(GF)(SF)(EF)(DF)
Lunch Standard	BBQ Chicken Taco (SF)(EF)(DF)	Pasta & Turkey Marinara (SF)(EF)(DF)	Turkey & Cheese Sandwich (EF)	Cheese Pizza (VEG)(SF)(EF)(SF)	Chicken & Rice Soup (GF)(SF)(EF)
Lunch (GF)	GF BBQ Chicken Taco (GF)(SF)(EF)(DF)	GF Pasta & Turkey Marinara (GF)(SF)(EF)(DF)	GF Turkey & Cheese Sandwich (GF)(EF)	GF&DF Cheese Pizza (V)(GF)(SF)(EF)(DF)	
Lunch (VEG)	BBQ White Bean & Vegetable Taco (V)(SF)(EF)(DF)	Pasta & Black Bean Marinara (V)(SF)(EF)(DF)	Vegetable & Cheese Sandwich (VEG)(SF)(EF)	Cheese Pizza (VEG)(SF)(EF)(SF)	Vegetable & Bean Soup (V)(GF)(SF)(EF)(DF)
Lunch (V)			DF Vegetable & Cheese Sandwich (V)(SF)(EF)(DF)	GF&DF Cheese Pizza (V)(GF)(SF)(EF)(DF)	
Lunch Allergy	GF BBQ White Bean & Vegetable Taco (V)(GF)(SF)(EF)(DF)	GF Pasta & Black Bean Marinara (V)(GF)(SF)(EF)(DF)	GF&DF Vegetable & Cheese Sandwich (V)(GF)(SF)(EF)(DF)		
PM Snack	Cheddar Cheese Dip & Pita (VEG)(SF)(EF)	Graham Crackers & Fruit (VEG)(EF)(DF)	Cocoa Rice Puffs & Yogurt (VEG)(GF)(SF)(EF)	Wheat Crackers & Fruit (V)(SF)(EF)(DF)	Carrot Muffin Top & Fruit (VEG)(SF)(DF)
PM Snack Toddler				Plain Rice Puffs & Fruit (V)(GF)(SF)(EF)(DF)	
PM Snack Allergy	White Bean Dip & Corn Tortilla (V)(GF)(SF)(EF)(DF)	Plain Rice Puffs & Fruit (V)(GF)(SF)(EF)(DF)	Cocoa Rice Puffs & DF Vanilla Yogurt (V)(GF)(SF)(EF)(DF)	Vegan Oat Crackers & Fruit (V)(GF)(SF)(EF)(DF)	Flourless Zucchini Carrot Muffin & Fruit (V)(GF)(SF)(EF)(DF)

All lunches are served with fresh fruit and vegetables.

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DAY OF WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
DATE	10	11	12	13	14
Breakfast	Banana Oatmeal & Fruit (V)(GF)(SF)(EF)(DF)	Cinnamon Rice Pudding & Fruit (VEG)(GF)(SF)(EF)	Hot Noodle Kugel & Fruit (VEG)(SF)	Apple Crumble Bar & Fruit (VEG)(SF)	Sweet Potato Bread & Fruit (VEG)(SF)(DF)
Breakfast Allergy	Plain Oatmeal & Fruit (V)(GF)(SF)(EF)(DF)	DF Plain Rice Pudding & Fruit (V)(GF)(SF)(EF)(DF)	GF & Vegan French Toast Sticks w/ Syrup & Fruit (V)(GF)(SF)(EF)(DF)	Vegan Apple Oat Muffin & Fruit (V)(GF)(SF)(EF)(DF)	Flourless Sweet Potato Muffin & Fruit (V)(GF)(SF)(EF)(DF)
Lunch Standard	Sloppy Joe w/ Turkey (SF)(EF)(DF)	Mac & Cheese (VEG)(SF)(EF)	Chicken Taco (SF)(EF)(DF)	Lemon Pepper Chicken & Rice (GF)(SF)(EF)(DF)	Chicken Tenders & Ketchup
Lunch (GF)	GF Sloppy Joe w/ Turkey (GF)(SF)(EF)(DF)	GF Mac & Cheese (VEG)(GF)(SF)(EF)	GF Chicken Taco (GF)(SF)(EF)(DF)		GF Chicken Tenders & Ketchup (GF)(SF)(DF)
Lunch (VEG)	Sloppy Joe w/ Chickpeas & Vegetables (V)(SF)(EF)(DF)	Mac & Cheese (VEG)(SF)(EF)	Bean & Vegetable Taco (V)(SF)(EF)(DF)	Lemon Pepper Tofu & Rice (V)(GF)(EF)(DF)	Chickpea & Polenta Veggie Nuggets (V)(GF)(SF)(EF)(DF)
Lunch (V)		DF Mac & Cheese (V)(SF)(EF)(DF)			
Lunch Allergy	GF Sloppy Joe w/Chickpeas & Vegetables (V)(GF)(SF)(EF)(DF)	GF&DF Mac & Cheese (V)(GF)(SF)(EF)(DF)	GF Bean & Vegetable Taco (V)(GF)(SF)(EF)(DF)	White Beans & Rice (V)(GF)(SF)(EF)(DF)	
PM Snack	Turkey & Cheese w/ Crackers (EF)	Tortilla Chips & Salsa w/ Vegetables (V)(GF)(SF)(EF)(DF)	Zucchini Bread & Fruit (VEG)(SF)(DF)	Banana Cocoa Oat Cluster & Fruit (V)(GF)(SF)(EF)(DF)	Oat Crackers (Garlic & Parsley) & Vegetables (VEG)(SF)(EF)
PM Snack Toddler		Pita & Salsa w/ Vegetables (V)(SF)(EF)(DF)		Plain Rice Puffs & Fruit (V)(GF)(SF)(EF)(DF)	Corn Chex & Vegetables (V)(GF)(SF)(EF)(DF)
PM Snack Allergy	Turkey & DF Cheese w/ Vegan Oat Crackers (GF)(EF)(DF)	Corn Tortilla & Salsa w/ Vegetables (V)(GF)(SF)(EF)(DF)	Flourless Zucchini Carrot Muffin & Fruit (V)(GF)(SF)(EF)(DF)	Banana Cocoa Oat Cluster & Fruit (V)(GF)(SF)(EF)(DF)	Vegan Oat Crackers & Vegetables (V)(GF)(SF)(EF)(DF)

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1640 W Hubbard Ave., Chicago, IL 60622

DAY OF WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
DATE	17	18	19	20	21
Breakfast	Apple Pancake w/ Syrup & Fruit (VEG)(SF)	Mango Peach Smoothie Bowl w/ Granola Crumbles & Fruit (VEG)(GF)(SF)(EF)	Cheesy Grits & Fruit (VEG)(GF)(SF)(EF)	Carrot Bread & Fruit (VEG)(SF)	Blueberry Bread & Fruit (VEG)(SF)
Breakfast Allergy	Apple Cinnamon Oatmeal & Fruit (V)(GF)(SF)(EF)(DF)	DF Vanilla Coconut Yogurt w/Plain Rice Puffs & Fruit (V)(GF)(SF)(EF)(DF)	Plain Grits & Fruit (V)(GF)(SF)(EF)(DF)	Flourless Zucchini Carrot Muffin & Fruit (V)(GF)(SF)(EF)(DF)	Vegan Blueberry Oat Muffin & Fruit (V)(GF)(SF)(EF)(DF)
Lunch Standard	Pesto Grilled Cheese (VEG)(SF)(EF)	Turkey Meatloaf (GF)(DF)	Chicken & Broccoli Casserole (SF)(EF)	Turkey Chili w/ Oyster Crackers (SF)(EF)(DF)	Chicken & Noodles (SF)(DF)
Lunch (GF)	GF Pesto Grilled Cheese (VEG)(GF)(SF)(EF)		GF Pasta & Black Bean Marinara (V)(GF)(SF)(EF)(DF)	Turkey Chili w/Rice (GF)(SF)(EF)(DF)	GF Chicken & Noodles (GF)(SF)(EF)(DF)
Lunch (VEG)	Pesto Grilled Cheese (VEG)(SF)(EF)	Vegan Meatloaf (V)(GF)(SF)(EF)(DF)	Chickpea & Broccoli Casserole (VEG)(SF)(EF)	Veggie & Bean Chili w/ Oyster Crackers (V)(SF)(EF)(DF)	Tofu & Noodles (VEG)(DF)
Lunch (V)	DF Pesto Grilled Cheese (V)(SF)(EF)(DF)		GF Pasta & Black Bean Marinara (V)(GF)(SF)(EF)(DF)		GF Tofu & Noodles (V)(GF)(EF)(DF)
Lunch Allergy	GF&DF Pesto Grilled Cheese (V)(GF)(SF)(EF)(DF)		Veggie & Bean Chili w/ GF Bread (V)(GF)(SF)(EF)(DF)	GF Chicken & Noodles (GF)(SF)(EF)(DF)	
PM Snack	Hummus & Pita (V)(SF)(EF)(DF)	Veggie Pizza Muffin & Fruit (VEG)(SF)	Graham Crackers & Fruit (VEG)(EF)(DF)	Pretzels & Vegetables (V)(SF)(EF)(DF)	Churro Crisps & Fruit (V)(SF)(EF)(DF)
PM Snack Toddler			Corn Chex & Vegetables (V)(GF)(SF)(EF)(DF)	Pita & Fruit (V)(SF)(EF)(DF)	
PM Snack Allergy	Hummus & Corn Tortilla (V)(GF)(SF)(EF)(DF)	Flourless Sweet Potato Muffin & Fruit (V)(GF)(SF)(EF)(DF)	Plain Rice Puffs & Fruit (V)(GF)(SF)(EF)(DF)	GF Pretzels & Vegetables (V)(GF)(SF)(EF)(DF)	GF Churro Crisps & Fruit (V)(GF)(SF)(EF)(DF)

All lunches are served with fresh fruit and vegetables.

March 2025



DAY OF WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
DATE	24	25	26	27	28
Breakfast	Blueberry Oatmeal & Fruit (V)(GF)(SF)(EF)(DF)	Strawberry Banana Smoothie Bowl w/ Granola Crumbles & Fruit (VEG)(GF)(SF)(EF)	French Toast Sticks w/ Syrup & Fruit (VEG)(SF)	Orange Bread & Fruit (VEG)(SF)(DF)	Sweet Potato Bread & Fruit (VEG)(SF)(DF)
Breakfast Allergy	Plain Oatmeal & Fruit (V)(GF)(SF)(EF)(DF)	DF Vanilla Coconut Yogurt w/Plain Rice Puffs & Fruit (V)(GF)(SF)(EF)(DF)	GF & Vegan French Toast Sticks w/ Syrup & Fruit (V)(GF)(SF)(EF)(DF)	Vegan Peach Oat Muffin & Fruit (V)(GF)(SF)(EF)(DF)	Sweet Potato Granola Bite & Fruit (V)(GF)(SF)(EF)(DF)
Lunch Standard	Chicken Fajitas (SF)(EF)(DF)	Broccoli Cheese Soup & Oyster Crackers (VEG)(SF)(EF)	Chicken Tinga Taco (SF)(EF)(DF)	Turkey Macaroni w/ Marinara (SF)(EF)(DF)	Chicken Teriyaki & Rice (GF)(EF)(DF)
Lunch (GF)	GF Chicken Fajitas (GF)(SF)(EF)(DF)	GF&DF Broccoli Cheese Soup & GF Bread (V)(GF)(SF)(EF)(DF)	GF Chicken Tinga Taco (GF)(SF)(EF)(DF)	GF Pasta & Turkey Marinara (GF)(SF)(EF)(DF)	
Lunch (VEG)	Black Bean Fajitas & Flour Tortilla (V)(SF)(EF)(DF)	Broccoli Cheese Soup & Oyster Crackers (VEG)(SF)(EF)	Tofu Tinga Taco (V)(EF)(DF)	Pasta & Black Bean Marinara (V)(SF)(EF)(DF)	Tofu Teriyaki & Rice (V)(GF)(EF)(DF)
Lunch (V)		GF&DF Broccoli Cheese Soup & GF Bread (V)(GF)(SF)(EF)(DF)			
Lunch Allergy	Black Bean Fajitas & Corn Tortilla (V)(GF)(SF)(EF)(DF)		GF Chicken Tinga Taco (GF)(SF)(EF)(DF)	GF Pasta & Black Bean Marinara (V)(GF)(SF)(EF)(DF)	Grilled Chicken & Rice (GF)(SF)(EF)(DF)
PM Snack	Cocoa Rice Puffs & Fruit (V)(GF)(SF)(EF)(DF)	Carrot Muffin Top & Fruit (VEG)(SF)(DF)	Homemade Cheez Its & Vegetables (VEG)(SF)(EF)	Cinnamon Yogurt Dip & Churro Crisps (VEG)(SF)(EF)	Zucchini Bread & Fruit (VEG)(SF)(DF)
PM Snack Toddler				Cinnamon Yogurt Dip & Pita (VEG)(SF)(EF)	
PM Snack Allergy	Plain Rice Puffs & Fruit (V)(GF)(SF)(EF)(DF)	Flourless Zucchini Carrot Muffin & Fruit (V)(GF)(SF)(EF)(DF)	Vegan Oat Crackers & Vegetables (V)(GF)(SF)(EF)(DF)	DF Cinnamon Yogurt Dip & GF Churro Crisps (V)(GF)(SF)(EF)(DF)	Flourless Zucchini Carrot Muffin & Fruit (V)(GF)(SF)(EF)(DF)

All lunches are served with fresh fruit and vegetables.

March 2025



DAY OF WEEK 5	Monday	Tuesday	Wednesday	Thursday	Friday
DATE	31	1	2	3	4
Breakfast	Banana Pancake w/ Syrup & Fruit (VEG)(SF)				
Breakfast Allergy	Banana Oatmeal & Fruit (V)(GF)(SF)(EF)(DF)				
Lunch Standard	Cheese Tortellini & Marinara Sauce (VEG)(SF)				
Lunch (GF)	GF Pasta & Black Bean Marinara (V)(GF)(SF)(EF)(DF)				
Lunch (VEG)	Cheese Tortellini & Marinara Sauce (VEG)(SF)				
Lunch (V)	Pasta & Black Bean Marinara (V)(SF)(EF)(DF)				
Lunch Allergy	GF Pasta & Black Bean Marinara (V)(GF)(SF)(EF)(DF)				
PM Snack	Cheddar Cheese Dip & Pita (VEG)(SF)(EF)				
PM Snack Toddler					
PM Snack Allergy	White Bean Dip & Corn Tortilla (V)(GF)(SF)(EF)(DF)				

All lunches are served with fresh fruit and vegetables.