

plant power!

March 2025

Central VPA High School (9-12)

Lunch

MONDAY

3

- Create
- Boneless Chicken Wings
 - Boneless Chicken Wings with Buffalo Ranch Sauce
 - Boneless Chicken Wings with Honey BBQ Sauce
 - Hawaiian Roll
 - Roasted Green Beans
- 2Mato
- Classic Cheese Pizza
 - Classic Pepperoni Pizza
- Sono
- Fajita Marinated Chicken
 - Beef Taco Meat
 - Tortilla Chips
 - Soft Flour Tortilla
 - Seasoned Refried Beans
 - Queso Blanco Cheese Sauce
 - Creamy Cheddar Cheese Sauce
- Grill
- Classic Cheeseburger in Bun
 - Jumbo Crispy Chicken Tenders
 - Hawaiian Roll
 - French Fries
- On the Go
- Strawberry Parfait with Granola
 - Southwest Corn & Black Bean Wrap

TUESDAY

4

- Create
- Chicken Po Boy
 - Seasoned Peas
- 2Mato
- Hamburger Pizza
 - Classic Cheese Pizza
- Sono
- Fajita Marinated Chicken
 - Beef Taco Meat
 - Tortilla Chips
 - Soft Flour Tortilla
 - Seasoned Refried Beans
 - Queso Blanco Cheese Sauce
 - Creamy Cheddar Cheese Sauce
- Grill
- Classic Chicken Sandwich
 - Nashville Hot Chicken Sandwich
 - French Fries
- On the Go
- Hummus & Veggie Bento Box
 - Banana Chocolate Smoothie
 - Honey Graham Crackers
 - Whole Grain Cheez-It Crackers

WEDNESDAY

5

- Create
- Italian Meat Spaghetti Sauce
 - Spaghetti
 - Garlic Herb Flatbread
 - Seasoned Cauliflower
- 2Mato
- Classic Cheese Pizza
 - Classic Pepperoni Pizza
- Sono
- Fajita Marinated Chicken
 - Beef Taco Meat
 - Tortilla Chips
 - Soft Flour Tortilla
 - Seasoned Refried Beans
 - Queso Blanco Cheese Sauce
 - Creamy Cheddar Cheese Sauce
- Grill
- Classic Cheeseburger in Bun
 - Jumbo Crispy Chicken Tenders
 - Hawaiian Roll
 - French Fries
- On the Go
- Turkey Ham & Cheese Wrap
 - Turkey Chef Salad
 - Whole Grain Seasoned Croutons
 - Croutons

THURSDAY

6

- Create
- Orange Chicken
 - Brown Fried Rice
 - Roasted Broccoli
- 2Mato
- Hamburger Pizza
 - Classic Cheese Pizza
- Sono
- Fajita Marinated Chicken
 - Beef Taco Meat
 - Tortilla Chips
 - Soft Flour Tortilla
 - Seasoned Refried Beans
 - Queso Blanco Cheese Sauce
 - Creamy Cheddar Cheese Sauce
- Grill
- Classic Chicken Sandwich
 - Nashville Hot Chicken Sandwich
 - French Fries
- On the Go
- Strawberry Parfait with Granola
 - Turkey Ham & Cheese Wrap

FRIDAY

7



No School

10

- Create
- Cheese Quesadilla with Salsa
 - Sauteed Bell Peppers and Onions
 - Seasoned Black Beans
 - Salsa
- 2Mato
- Classic Cheese Pizza
 - Classic Pepperoni Pizza
- Sono
- Fajita Marinated Chicken
 - Beef Taco Meat
 - Tortilla Chips
 - Soft Flour Tortilla
 - Seasoned Refried Beans
 - Queso Blanco Cheese Sauce
 - Creamy Cheddar Cheese Sauce
- Grill
- Classic Cheeseburger in Bun
 - Jumbo Crispy Chicken Tenders
 - Hawaiian Roll
 - French Fries
- On the Go
- Santa Fe Turkey and Cheddar Wrap
 - Mediterranean Salad
 - Croutons

11

- Create
- Chicken Alfredo Rotini
 - Garlic Herb Flatbread
 - Seasoned Peas
- 2Mato
- Hamburger Pizza
 - Classic Cheese Pizza
- Sono
- Fajita Marinated Chicken
 - Beef Taco Meat
 - Tortilla Chips
 - Soft Flour Tortilla
 - Seasoned Refried Beans
 - Queso Blanco Cheese Sauce
 - Creamy Cheddar Cheese Sauce
- Grill
- Classic Chicken Sandwich
 - Nashville Hot Chicken Sandwich
 - French Fries
- On the Go
- Berry Parfait
 - Buffalo Chicken Wrap

12

- Create
- Jumbo Crispy Chicken Tenders
 - Tater Tots
 - Whole Grain Waffle
 - Peach Compote
- 2Mato
- Classic Cheese Pizza
 - Classic Pepperoni Pizza
- Sono
- Fajita Marinated Chicken
 - Beef Taco Meat
 - Tortilla Chips
 - Soft Flour Tortilla
 - Seasoned Refried Beans
 - Queso Blanco Cheese Sauce
 - Creamy Cheddar Cheese Sauce
- Grill
- Classic Cheeseburger in Bun
 - Jumbo Crispy Chicken Tenders
 - Hawaiian Roll
 - French Fries
- On the Go
- Santa Fe Turkey and Cheddar Wrap
 - Strawberry Banana Smoothie
 - Honey Graham Crackers
 - Whole Grain Cheez-It Crackers

13

- Create
- BBQ Brisket
 - Macaroni and Cheese
 - Hawaiian Roll
 - BBQ Baked Beans
- 2Mato
- Hamburger Pizza
 - Classic Cheese Pizza
- Sono
- Fajita Marinated Chicken
 - Beef Taco Meat
 - Tortilla Chips
 - Soft Flour Tortilla
 - Seasoned Refried Beans
 - Queso Blanco Cheese Sauce
 - Creamy Cheddar Cheese Sauce
- Grill
- Classic Chicken Sandwich
 - Nashville Hot Chicken Sandwich
 - French Fries
- On the Go
- Berry Parfait
 - Turkey Chef Salad
 - Whole Grain Seasoned Croutons

14



No School

17



No School

18



No School

19



No School

20



No School

21



No School



24

- Create
 - Beef Patty
 - Beef Gravy
 - Fresh Baked Whole Grain Biscuit
 - Glazed Carrots
- 2Mato
 - Hamburger Pizza
 - Classic Cheese Pizza
- Sono
 - Fajita Marinated Chicken
 - Beef Taco Meat
 - Tortilla Chips
 - Soft Flour Tortilla
 - Seasoned Refried Beans
 - Queso Blanco Cheese Sauce
 - Creamy Cheddar Cheese Sauce
- Grill
 - Classic Chicken Sandwich
 - Nashville Hot Chicken Sandwich
 - French Fries
- On the Go
 - Vegetable Hummus Wrap
 - Southwest Black Bean & Brown Rice

25

- Create
 - Boneless Chicken Wings with Honey BBQ Sauce
 - Boneless Chicken Wings
 - Hawaiian Roll
 - Seasoned Broccoli
- 2Mato
 - Classic Cheese Pizza
 - Classic Pepperoni Pizza
- Sono
 - Fajita Marinated Chicken
 - Beef Taco Meat
 - Tortilla Chips
 - Soft Flour Tortilla
 - Seasoned Refried Beans
 - Queso Blanco Cheese Sauce
 - Creamy Cheddar Cheese Sauce
- Grill
 - Classic Cheeseburger in Bun
 - Classic Chicken Sandwich
 - French Fries
- On the Go
 - Southwest Chicken Salad with Cheese
 - Croutons
 - Roasted Italian Vegetable Wrap

26

- Create
 - Chicken & Cheese Quesadilla
 - Sautéed Bell Peppers and Onions
 - Seasoned Black Beans
 - Salsa
- 2Mato
 - Classic Cheese Pizza
 - Classic Pepperoni Pizza
- Sono
 - Fajita Marinated Chicken
 - Beef Taco Meat
 - Tortilla Chips
 - Soft Flour Tortilla
 - Seasoned Refried Beans
 - Queso Blanco Cheese Sauce
 - Creamy Cheddar Cheese Sauce
- Grill
 - Classic Cheeseburger in Bun
 - Jumbo Crispy Chicken Tenders
 - Hawaiian Roll
 - French Fries
- On the Go
 - Chicken Salsa Wrap
 - Berry Parfait

27

- Create
 - Sweet & Sour Chicken
 - Brown Fried Rice
 - Glazed Carrots
- 2Mato
 - Hamburger Pizza
 - Classic Cheese Pizza
- Sono
 - Fajita Marinated Chicken
 - Beef Taco Meat
 - Tortilla Chips
 - Soft Flour Tortilla
 - Seasoned Refried Beans
 - Queso Blanco Cheese Sauce
 - Creamy Cheddar Cheese Sauce
- Grill
 - Classic Chicken Sandwich
 - Nashville Hot Chicken Sandwich
 - French Fries
- On the Go
 - Mango Lassi Smoothie
 - Honey Graham Crackers
 - Whole Grain Cheez-It Crackers
 - Buffalo Chicken Wrap

28

- Create
 - Cheesy Chicken & Rice Casserole
 - Homemade Cornbread
 - Roasted Summer Squash
- 2Mato
 - Classic Cheese Pizza
 - Classic Pepperoni Pizza
- Sono
 - Fajita Marinated Chicken
 - Beef Taco Meat
 - Tortilla Chips
 - Soft Flour Tortilla
 - Seasoned Refried Beans
 - Queso Blanco Cheese Sauce
 - Creamy Cheddar Cheese Sauce
- Grill
 - Classic Cheeseburger in Bun
 - Jumbo Crispy Chicken Tenders
 - Hawaiian Roll
 - French Fries
- On the Go
 - Chicken Salsa Wrap
 - Cheddar/Mozzarella Salad
 - Croutons

31

- Create
 - Boneless Chicken Wings
 - Boneless Chicken Wings with Buffalo Ranch Sauce
 - Boneless Chicken Wings with Honey BBQ Sauce
 - Hawaiian Roll
 - Roasted Green Beans
- 2Mato
 - Classic Cheese Pizza
 - Classic Pepperoni Pizza
- Sono
 - Fajita Marinated Chicken
 - Beef Taco Meat
 - Seasoned Black Beans
 - Tortilla Chips
 - Soft Flour Tortilla
 - Cilantro Lime Brown Rice
 - Queso Blanco Cheese Sauce
 - Creamy Cheddar Cheese Sauce
- Grill
 - Classic Cheeseburger in Bun
 - Toasted Cheese Sandwich
 - French Fries
- On the Go
 - Strawberry Parfait with Granola
 - Turkey Chef Salad
 - Whole Grain Seasoned Croutons

3/4 Fat Tuesday 3/11 Eat Your Noodles Day 3/26 Spinach Day

If you have a food allergy, please notify us. Ask your cafeteria manager if changes were made to today's menu so we can help keep you safe!

Adult Meal Prices Adult Breakfast: \$2.84, Adult Lunch: \$5.29

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

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