

plant power!

March 2025

Carnahan High School of the Future (9-12)

Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3	4	5	6	7
<p>Create</p> <ul style="list-style-type: none"> Jumbo Crispy Chicken Tenders Hawaiian Roll Roasted Green Beans French Fries <p>2Mato</p> <ul style="list-style-type: none"> Classic Cheese Pizza Classic Pepperoni Pizza Fresh Caesar Salad <p>On the Go</p> <ul style="list-style-type: none"> Turkey Ham & Cheese Wrap <p>Create</p> <ul style="list-style-type: none"> Jumbo Crispy Chicken Tenders Hawaiian Roll Savory Green Beans French Fries <p>2Mato</p> <ul style="list-style-type: none"> Classic Pepperoni Pizza Classic Cheese Pizza Fresh Caesar Salad <p>On the Go</p> <ul style="list-style-type: none"> Turkey Ham & Cheese Wrap 	<p>Create</p> <ul style="list-style-type: none"> Chicken Po Boy French Fries <p>Sono</p> <ul style="list-style-type: none"> Fajita Marinated Chicken Beef Taco Meat Tortilla Chips Soft Flour Tortilla Seasoned Refried Beans Queso Blanco Cheese Sauce Creamy Cheddar Cheese Sauce <p>On the Go</p> <ul style="list-style-type: none"> Banana Chocolate Smoothie Honey Graham Crackers <p>Create</p> <ul style="list-style-type: none"> Chicken Po Boy <p>Grill</p> <ul style="list-style-type: none"> Classic Chicken Sandwich Classic Cheeseburger in Bun French Fries <p>On the Go</p> <ul style="list-style-type: none"> Cheddar/Mozzarella Salad Croutons 	<p>Create</p> <ul style="list-style-type: none"> Spaghetti with Italian Meat Sauce Garlic Herb Flatbread Seasoned Cauliflower <p>2Mato</p> <ul style="list-style-type: none"> Classic Cheese Pizza Hamburger Pizza Fresh Caesar Salad <p>On the Go</p> <ul style="list-style-type: none"> Cheddar/Mozzarella Salad Croutons <p>Create</p> <ul style="list-style-type: none"> Chicken & Cheese Quesadilla Seasoned Black Beans Salsa <p>2Mato</p> <ul style="list-style-type: none"> Hamburger Pizza Classic Cheese Pizza Fresh Caesar Salad <p>On the Go</p> <ul style="list-style-type: none"> Turkey Ham & Cheese Wrap 	<p>Create</p> <ul style="list-style-type: none"> Beef Taco Supreme Salsa Seasoned Refried Beans Shredded Lettuce <p>Grill</p> <ul style="list-style-type: none"> Classic Cheeseburger in Bun Jumbo Crispy Chicken Tenders Hawaiian Roll French Fries <p>On the Go</p> <ul style="list-style-type: none"> Turkey Ham & Cheese Wrap <p>Create</p> <ul style="list-style-type: none"> Beef Taco Supreme Salsa Seasoned Refried Beans Shredded Lettuce <p>Grill</p> <ul style="list-style-type: none"> Spicy Chicken Sandwich Classic Cheeseburger in Bun French Fries <p>On the Go</p> <ul style="list-style-type: none"> Strawberry Mango Smoothie Honey Graham Crackers 	<p>No School</p> <p>School</p>

10	11	12	13	14
<p>Create</p> <ul style="list-style-type: none"> BBQ Chicken Sandwich Hawaiian Roll Macaroni and Cheese BBQ Baked Beans <p>2Mato</p> <ul style="list-style-type: none"> Classic Cheese Pizza Classic Pepperoni Pizza Fresh Caesar Salad <p>On the Go</p> <ul style="list-style-type: none"> Mediterranean Salad Croutons <p>Create</p> <ul style="list-style-type: none"> BBQ Chicken Sandwich Hawaiian Roll Macaroni and Cheese BBQ Baked Beans <p>2Mato</p> <ul style="list-style-type: none"> Classic Pepperoni Pizza Classic Cheese Pizza Fresh Caesar Salad <p>On the Go</p> <ul style="list-style-type: none"> Santa Fe Turkey and Cheddar Wrap 	<p>Create</p> <ul style="list-style-type: none"> Chicken Alfredo Rotini <p>Sono</p> <ul style="list-style-type: none"> Fajita Marinated Chicken Beef Taco Meat Tortilla Chips Soft Flour Tortilla Seasoned Refried Beans Queso Blanco Cheese Sauce Creamy Cheddar Cheese Sauce <p>On the Go</p> <ul style="list-style-type: none"> Roasted Italian Vegetable Wrap <p>Create</p> <ul style="list-style-type: none"> Chicken Alfredo Rotini Roasted Green Beans <p>Grill</p> <ul style="list-style-type: none"> Classic Chicken Sandwich Classic Cheeseburger in Bun French Fries <p>On the Go</p> <ul style="list-style-type: none"> Strawberry Banana Smoothie Honey Graham Crackers 	<p>Create</p> <ul style="list-style-type: none"> Mashed Potato & Chicken Bowl Hawaiian Roll Seasoned Corn <p>2Mato</p> <ul style="list-style-type: none"> Classic Cheese Pizza Hamburger Pizza Fresh Caesar Salad <p>On the Go</p> <ul style="list-style-type: none"> Strawberry Banana Smoothie Honey Graham Crackers <p>Create</p> <ul style="list-style-type: none"> Mashed Potato & Chicken Bowl Hawaiian Roll Seasoned Corn <p>2Mato</p> <ul style="list-style-type: none"> Hamburger Pizza Classic Cheese Pizza Fresh Caesar Salad <p>On the Go</p> <ul style="list-style-type: none"> Popcorn Chicken Salad Croutons 	<p>Create</p> <ul style="list-style-type: none"> Chicken Nachos Shredded Lettuce Salsa Seasoned Refried Beans <p>Grill</p> <ul style="list-style-type: none"> Classic Cheeseburger in Bun Jumbo Crispy Chicken Tenders Hawaiian Roll French Fries <p>On the Go</p> <ul style="list-style-type: none"> Turkey Chef Salad Whole Grain Seasoned Croutons <p>Create</p> <ul style="list-style-type: none"> Beef Nachos Shredded Lettuce Salsa Seasoned Refried Beans <p>Grill</p> <ul style="list-style-type: none"> Spicy Chicken Sandwich Classic Cheeseburger in Bun French Fries <p>On the Go</p> <ul style="list-style-type: none"> Hummus & Veggie Bento Box 	<p>No School</p> <p>School</p>

17	18	19	20	21
<p>SPRING BREAK!</p> <p>School</p>	<p>SPRING BREAK!</p> <p>No</p>	<p>SPRING BREAK!</p> <p>School</p>	<p>SPRING BREAK!</p> <p>No</p>	<p>SPRING BREAK!</p> <p>School</p>



24

Create

- **Hawaiian Meatballs**
- Brown Rice
- Seasoned Asian Style Blend Vegetables

2Mato

- **Classic Cheese Pizza**
- **Classic Pepperoni Pizza**
- Fresh Caesar Salad

On the Go

- **Southwest Black Bean & Brown Rice**

Create

- **Hawaiian Meatballs**
- Brown Rice
- Seasoned Asian Style Blend Vegetables

2Mato

- **Classic Pepperoni Pizza**
- **Classic Cheese Pizza**
- Fresh Caesar Salad

On the Go

- **Chicken Salsa Wrap**

25

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**
- **Spicy Chicken Sandwich**
- French Fries

On the Go

- **Roasted Italian Vegetable Wrap**

Create

- **Soft Beef Whole Grain Taco**
- Seasoned Black Beans
- Salsa
- Shredded Lettuce

Grill

- **Classic Chicken Sandwich**
- **Classic Cheeseburger in Bun**
- French Fries

On the Go

- **Mediterranean Salad**
- Croutons

26

Create

- **Chicken Alfredo Rotini**
- Garlic Herb Flatbread
- Roasted Green Beans

2Mato

- **Classic Cheese Pizza**
- **Hamburger Pizza**
- Fresh Caesar Salad

On the Go

- **Southwest Black Bean & Brown Rice**

Create

- **Rotini Tossed in Italian Meat Sauce**
- Garlic Herb Flatbread
- Italian Vegetables

2Mato

- **Hamburger Pizza**
- **Classic Cheese Pizza**
- Fresh Caesar Salad

On the Go

- **Southwest Chicken Salad with Cheese**
- **Whole Grain Seasoned Croutons**

27

Create

- **Chicken Nachos**
- Seasoned Black Beans
- Salsa

Grill

- **Classic Cheeseburger in Bun**
- **Jumbo Crispy Chicken Tenders**
- **Hawaiian Roll**
- French Fries

On the Go

- **Buffalo Chicken Wrap**

Create

- **Chicken & Cheese Quesadilla**
- Mexicali Corn
- Salsa

Grill

- **Spicy Chicken Sandwich**
- **Classic Cheeseburger in Bun**
- French Fries

On the Go

- **Mango Lassi Smoothie**
- **Graham Crackers**

28

Create

- **Beef Patty**
- **Beef Gravy**
- Fresh Baked Whole Grain Biscuit
- Mashed Potatoes

2Mato

- **Classic Cheese Pizza**
- **Classic Pepperoni Pizza**
- Spring Mix Salad
- Homemade Italian Dressing

On the Go

- **Cheddar/Mozzarella Salad**
- Croutons

Create

- **Beef Patty**
- **Beef Gravy**
- Fresh Baked Whole Grain Biscuit
- Mashed Potatoes

2Mato

- **Classic Pepperoni Pizza**
- **Classic Cheese Pizza**
- Fresh Caesar Salad

On the Go

- **Chicken Salsa Wrap**

31

Create

- **Jumbo Crispy Chicken Tenders**
- Hawaiian Roll
- Roasted Green Beans
- French Fries

2Mato

- **Classic Cheese Pizza**
- **Classic Pepperoni Pizza**
- Fresh Caesar Salad

On the Go

- **Turkey Ham & Cheese Wrap**

Create

- **Jumbo Crispy Chicken Tenders**
- Hawaiian Roll
- Savory Green Beans
- French Fries

2Mato

- **Classic Pepperoni Pizza**
- **Classic Cheese Pizza**
- Fresh Caesar Salad

On the Go

- **Turkey Ham & Cheese Wrap**

🌮 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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