

# plant power!

## March 2025

NCNAA at Wyman  
Lunch

### MONDAY

3

- Lunch
- Chicken Nuggets
  - Hawaiian Roll
  - Salad Topped w/ Chickpeas & Cheese
  - Croutons
  - Seasoned Black Beans
  - Brown Rice
- Sides for All Meals
- French Fries

### TUESDAY

4

- Lunch
- Chicken Po Boy
  - Salsa
  - Baked Mozzarella Cheese Sticks
  - Baja Beans
  - Brown Rice
- Sides for All Meals
- Seasoned Refried Beans

### WEDNESDAY

5

- Lunch
- Italian Meat Spaghetti Sauce
  - Spaghetti
  - Garlic Herb Flatbread
  - Sunbutter & Grape Jelly Sandwich
  - Seasoned Black Beans
  - Brown Rice
- Sides for All Meals
- Herbed Cauliflower

### THURSDAY

6

- Lunch
- Orange Chicken
  - Brown Rice
  - Vegetable Hummus Wrap
  - Baja Beans
  - Brown Rice
- Sides for All Meals
- Corn

### FRIDAY

7



School

No

10

- Lunch
- Whole Grain French Toast Sticks
  - Breakfast Syrup
  - Turkey Sausage Patty
  - Baked Apple Slices
  - Toasty Cheese Sandwich
  - Baharat Spiced Chickpeas
  - Brown Rice
- Sides for All Meals
- Tater Tots

11

- Lunch
- Chicken Alfredo Rotini
  - Sunbutter & Grape Jelly Sandwich
  - Seasoned Black Beans
  - Brown Rice
- Sides for All Meals
- Seasoned Peas

12

- Lunch
- BBQ Chicken Sandwich
  - Build Your Own Pizza Fun Lunch
  - Baharat Spiced Chickpeas
  - Brown Rice
- Sides for All Meals
- BBQ Baked Beans

13

- Lunch
- Beef, Bean & Cheese Burrito
  - Vegetable Hummus Wrap
  - Seasoned Black Beans
  - Brown Rice
- Sides for All Meals
- Seasoned Black Beans

14



School

No

17



School

No

18



School

No

19



School

No

20



School

No

21



School

No

24

- Lunch
- Italian Meat Spaghetti Sauce
  - Spaghetti
  - Hawaiian Roll
  - Toasty Cheese Sandwich
  - Baharat Spiced Chickpeas
  - Brown Rice
- Sides for All Meals
- Seasoned Cauliflower

25

- Lunch
- Soft Beef Whole Grain Taco
  - Bagel, Yogurt & Sunbutter Fun Lunch
  - Seasoned Black Beans
  - Brown Rice
- Sides for All Meals
- Seasoned Black Beans

26

- Lunch
- Mashed Potato & Chicken Bowl
  - Hawaiian Roll
  - Cheddar/Mozzarella Salad
  - Croutons
  - Baharat Spiced Chickpeas
  - Brown Rice
- Sides for All Meals
- BBQ Baked Beans

27

- Lunch
- Beef Patty
  - Beef Gravy
  - Fresh Baked Whole Grain Biscuit
  - Mango Lassi Smoothie
  - Honey Graham Crackers
  - Seasoned Black Beans
  - Brown Rice
- Sides for All Meals
- Mashed Potatoes

28

- Lunch
- Classic Pepperoni Pizza
  - Classic Cheese Pizza
  - Baharat Spiced Chickpeas
  - Brown Rice
- Sides for All Meals
- Seasoned Corn

31

- Lunch
- Chicken Nuggets
  - Hawaiian Roll
  - Salad Topped w/ Chickpeas & Cheese
  - Croutons
  - Seasoned Black Beans
  - Brown Rice
- Sides for All Meals
- French Fries

🌱 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.