

plant power!

March 2025

Ames VPA Elementary (PK-5)
Lunch

MONDAY

3

- Lunch
- Chicken Nuggets
 - Hawaiian Roll
 - Chicken Corn Dog
 - Cheddar/Mozzarella Salad
 - Croutons
- Sides for All Meals
- French Fries

TUESDAY

4

- Lunch
- Chicken Po Boy
 - Chicken Ranch Wrap
 - Beef Nachos
 - Salsa
- Sides for All Meals
- Seasoned Refried Beans

WEDNESDAY

5

- Lunch
- Italian Meat Spaghetti Sauce
 - Spaghetti
 - Garlic Herb Flatbread
 - Classic Chicken Sandwich
 - Sunbutter & Grape Jelly Sandwich
- Sides for All Meals
- Herbed Cauliflower

THURSDAY

6

- Lunch
- Orange Chicken
 - Brown Rice
 - Classic Cheeseburger in Bun
 - Turkey Ham & Cheese on Pretzel Roll
- Sides for All Meals
- Corn

FRIDAY

7



School No

10

- Lunch
- Whole Grain French Toast Sticks
 - Breakfast Syrup
 - Turkey Sausage Patty
 - Baked Apple Slices
 - Classic Cheeseburger in Bun
 - Turkey Ham Sandwich
- Sides for All Meals
- Tater Tots

11

- Lunch
- Chicken Alfredo Rotini
 - Classic Chicken Sandwich
 - Chicken Salsa Wrap
- Sides for All Meals
- Seasoned Black Beans

12

- Lunch
- BBQ Chicken Sandwich
 - Toasty Cheese Sandwich
 - Sunbutter & Grape Jelly Sandwich
- Sides for All Meals
- Campbell's Tomato Soup

13

- Lunch
- Mashed Potato & Chicken Bowl
 - Hawaiian Roll
 - Breaded Beef Fingers
 - Creamy Chicken Caesar Wrap
- Sides for All Meals
- Seasoned Corn

14



School No

17



School No

18



School No

19



School No

20



School No

21



School No

24

- Lunch
- Soft Beef Whole Grain Taco
 - Toasty Cheese Sandwich
 - Turkey & Cheese Pinwheel
- Sides for All Meals
- Seasoned Cauliflower

25

- Lunch
- Italian Meat Spaghetti Sauce
 - Spaghetti
 - Hawaiian Roll
 - Classic Chicken Sandwich
 - Turkey Club Bagel Sandwich
- Sides for All Meals
- Seasoned Black Beans

26

- Lunch
- Beef, Bean & Cheese Burrito
 - Classic Cheeseburger in Bun
 - Cheddar/Mozzarella Salad
 - Croutons
- Sides for All Meals
- Seasoned Peas

27

- Lunch
- Beef Patty
 - Beef Gravy
 - Fresh Baked Whole Grain Biscuit
 - Jumbo Crispy Chicken Tenders
 - Mango Lassi Smoothie
 - Honey Graham Crackers
- Sides for All Meals
- Mashed Potatoes

28

- Lunch
- Classic Cheese Pizza
 - Classic Pepperoni Pizza
 - Sunbutter & Banana Roll Up
- Sides for All Meals
- Seasoned Corn

31

- Lunch
- Chicken Nuggets
 - Hawaiian Roll
 - Chicken Corn Dog
 - Cheddar/Mozzarella Salad
 - Croutons
- 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.

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