



ELEMENTARY MENU - MARCH 2026

MARCH 2-6th	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Lunch - Elementary	Potato & Cheese Perogies + Caesar Salad	Coconut Curry Sauce + Rice + Raw Veg & Hummus	Creamy Pesto Pasta + Green Salad	Chicken, Bean & Rice Enchilada + Green Salad	Egg Fried Rice + Raw Veg & Dip
MARCH 9-13	Monday	Tuesday	Wednesday	Thursday	Friday
	9	10	11	12	13
Lunch - Elementary	Beef Bolognese + Penne + Caesar Salad	Chow Mein Noodles, Carrots, Edamame Beans + Raw Veg & Hummus	Beef Chili + Rice + Greek Salad	Pizza Quesadilla (Tomato sauce, cheese) + Greek Salad	Marinara Pasta + Caesar Salad
MARCH 16-20	Monday	Tuesday	Wednesday	Thursday	Friday
	16	17	18	19	20
Lunch - Elementary	START OF SPRING BREAK				
MARCH 23-27	Monday	Tuesday	Wednesday	Thursday	Friday
	23	24	25	26	27
Lunch - Elementary					LAST DAY OF SPRING BREAK
MARCH/APRIL 30-3	Monday	Tuesday	Wednesday	Thursday	Friday
	30	31	1	2	3
Lunch - Elementary	Potato & Cheese Perogies + Caesar Salad	Roasted Chicken Drum + Rice + Greek Salad	Summer Vegetable Tomato Pasta Sauce + Penne + Green Salad	Cabbage Roll Meatballs + Rice + Tomato Sauce + Caesar Salad	GOOD FRIDAY STAT

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PLEASE NOTE: The Flourish Kitchen is a small, cozy place. We try our best but we cannot guarantee items labeled as made without Gluten and/or Dairy have not had some contact with either gluten or dairy. These items simply do not contain Gluten or Dairy as ingredients in their recipes. But our kitchen is not Gluten or Dairy free, and so it is important for those with severe sensitivities to know that there remains a possibility of contamination. Our kitchen is tree nut and peanut free, though the warehouse our kitchen is situated in is not, and so there remains a very small risk of contamination. Out of an abundance of caution we recommend those with highly sensitive, life threatening allergies not participate in our program.

ELEMENTARY MEAL INFO - MARCH 2026

MARCH 2-6th	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Lunch - Elementary	Potato & Cheese Perogies	Coconut Curry Sauce + Rice + Raw Veg & Hummus	Creamy Pesto Pasta	Chicken, Bean & Rice Enchilada	Egg Fried Rice
Entrée Portion Size	4 Perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1/2 unit/student (precut in pan)	1 pan = 20-25 portions
Common Allergens	Gluten, Dairy, Soy	Soy, Mustard HUMMUS Contains Sesame	Gluten, Dairy, Eggs, Soy	Gluten, Dairy, Soy	Eggs, Soy
Dietary Restrictions	Vegetarian	Made without Gluten, Dairy, Vegetarian	Vegetarian		Made without Gluten, Dairy, Vegetarian
MARCH 9-13	Monday	Tuesday	Wednesday	Thursday	Friday
	9	10	11	12	13
Lunch - Elementary	Beef Bolognese + Penne	Chow Mein Noodles, Carrots, Edamame Beans + Raw Veg & Hummus	Beef Chili + Rice	Pizza Quesadilla (Tomato sauce, cheese)	Marinara Pasta
Portion Size	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	2 unit/student	1 pan = 20-25 portions
Common Allergens	Gluten, Eggs, Soy	Soy, Gluten, Eggs HUMMUS Contains Sesame	Chili: Mustard, Soy	Gluten, Dairy, Soy	Gluten, Dairy, Eggs, Soy
Dietary Restrictions	Made without Dairy	Made without Dairy, Vegetarian	Made without Gluten, Dairy, Eggs.	Vegetarian	Vegetarian
MARCH 16-20	Monday	Tuesday	Wednesday	Thursday	Friday
	16	17	18	19	20
Lunch - Elementary	FIRST DAY OF SPRING BREAK				
Portion Size					
Common Allergens					
Dietary Restrictions					
MARCH 23-27	Monday	Tuesday	Wednesday	Thursday	Friday
	23	24	25	26	27
Lunch - Elementary					LAST DAY OF SPRING BREAK
Portion Size					
Common Allergens					
Dietary Restrictions					
MARCH/APRIL 30-3	Monday	Tuesday	Wednesday	Thursday	Friday
	30	31	1	2	3
Lunch - Elementary	Potato & Cheese Perogies	Roasted Chicken Drum + Rice	Summer Vegetable Tomato Pasta Sauce + Penne + Green Salad	Cabbage Roll Meatballs + Rice + Tomato Sauce	GOOD FRIDAY
Portion Size	4 Perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	
Common Allergens	Gluten, Dairy, Soy	Soy	Gluten, Dairy, Eggs, Soy	Gluten, Egg.	STAT
Dietary Restrictions	Vegetarian	Made without Gluten, Dairy, Eggs	Vegetarian		



MIDDLE/HIGH SCHOOL MENU - MARCH 2026

MARCH 2-6th	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Lunch - Mid/High	Potato & Cheese Perogies + Caesar Salad	Vegetable Curry & Rice + Raw Veg & Hummus	Creamy Pesto Pasta + Green Salad	Chicken, Bean & Rice Enchilada + Green Salad	Egg Fried Rice + Raw Veg & Dip
MARCH 9-13	Monday	Tuesday	Wednesday	Thursday	Friday
	9	10	11	12	13
Lunch - Mid/High	Beef Bolognese + Penne + Caesar Salad	Vegetarian Chow Mein + Raw Veg & Hummus	Beef Chili + Rice + Greek Salad	Vegetarian Lasagna + Caesar Salad	Pizza Quesadilla (tomato sauce, cheese, peppers, onions) + Greek Salad
MARCH 16-20	Monday	Tuesday	Wednesday	Thursday	Friday
	16	17	18	19	20
Lunch - Mid/High	START OF SPRING BREAK				
MARCH 23-27	Monday	Tuesday	Wednesday	Thursday	Friday
	23	24	25	26	27
Lunch - Mid/High					LAST DAY OF SPRING BREAK
MARCH/APRIL 30-3	Monday	Tuesday	Wednesday	Thursday	Friday
	30	31	1	2	3
Lunch - Mid/High	Potato & Cheese Perogies + Caesar Salad	Roasted Chicken Drum + Vegetables + Sushi Salad	Summer Vegetable Ratatouille Pasta Bake + Green Salad	Cabbage Roll Meatballs + Rice + Tomato Sauce + Spring Greens & Potato Salad	GOOD FRIDAY STAT

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MID/HIGH MEAL INFO - MARCH 2026

MARCH 2-6th	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Lunch - Mid/High	Potato & Cheese Perogies	Vegetable Curry & Rice + Raw Veg & Hummus	Creamy Pesto Pasta	Chicken, Bean & Rice Enchilada	Egg Fried Rice
Entrée Portion Size	4 Perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1/2 unit/student (precut in pan)	1 pan = 20-25 portions
Common Allergens	Gluten, Dairy, Soy	Soy, Mustard HUMMUS Contains Sesame	Gluten, Dairy, Eggs, Soy HUMMUS Contains Sesame	Gluten, Dairy, Soy	Eggs, Soy
Dietary Restrictions	Vegetarian	Made without Gluten, Dairy, Vegetarian	Vegetarian		Made without Gluten, Dairy, Vegetarian
MARCH 9-13	Monday	Tuesday	Wednesday	Thursday	Friday
	9	10	11	12	13
Lunch - Mid/High	Beef Bolognese + Penne	Vegetarian Chow Mein + Raw Veg & Hummus	Beef Chili + Rice	Vegetarian Lasagna	Pizza Quesadilla (tomato sauce, cheese, peppers, onions)
Portion Size	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	2 unit/student
Common Allergens	Gluten, Eggs, Soy	Soy, Gluten, Eggs HUMMUS Contains Sesame	Soy	Gluten, Eggs, Dairy, Soy	Gluten, Dairy, Soy
Dietary Restrictions	Made without Dairy	Made without Dairy, Vegetarian	Made without Gluten, Dairy, Eggs	Vegetarian	Vegetarian
MARCH 16-20	Monday	Tuesday	Wednesday	Thursday	Friday
	16	17	18	19	20
Lunch - Mid/High	START OF SPRING BREAK				
Portion Size					
Common Allergens					
Dietary Restrictions					
MARCH 23-27	Monday	Tuesday	Wednesday	Thursday	Friday
	23	24	25	26	27
Lunch - Mid/High					LAST DAY OF SPRING BREAK
Portion Size					
Common Allergens					
Dietary Restrictions					
MARCH/APRIL 30-3	Monday	Tuesday	Wednesday	Thursday	Friday
	30	31	1	2	3
Lunch - Mid/High	Potato & Cheese Perogies	Roasted Chicken Drum + Vegetables + Sushi Salad	Summer Vegetable Ratatouille Pasta Bake	Cabbage Roll Meatballs + Tomato Sauce	GOOD FRIDAY
Portion Size	4 Perogies	1-2 drums/student (size dependant)	1 pan = 20-25 portions	1 pan = 20-25 portions	
Common Allergens	Gluten, Dairy, Soy	Soy Salad: Mustard, Sesame	Gluten, Dairy, Eggs, Soy	Gluten, Egg,	STAT
Dietary Restrictions	Vegetarian	Made without Gluten, Dairy	Vegetarian		