

# GARFIELD SCHOOL MENU

March - 2026

No Cost/Free Meals

## BREAKFAST

2 Cereal w/toppings Fruit, nuts, seeds and yogurt	3 French Toast or Pancakes w/fruit sauce	4 Egg & Cheese Sandwich	5 Whole Grain Muffins	6 Potatoes and Eggs
9 Cereal w/toppings Fruit, nuts, seeds and yogurt	10 French Toast or Pancakes w/fruit sauce	11 Egg & Cheese Sandwich	12 Whole Grain Muffins	13 Potatoes and Eggs
16 Cereal w/toppings Fruit, nuts, seeds and yogurt	17 French Toast or Pancakes w/fruit sauce	18 Egg & Cheese Sandwich	19 Whole Grain Muffins	20 Potatoes and Eggs
23 Cereal w/toppings Fruit, nuts, seeds & yogurt	24 French Toast or Pancakes w/fruit sauce	25 Egg & Cheese Sandwich	26 Whole Grain Muffins	27 Potatoes and Eggs
30 Cereal w/toppings Fruit, nuts, seeds & yogurt	31 French Toast or Pancakes w/fruit sauce	1 Egg & Cheese Sandwich	2 Whole Grain Muffins	3 Potatoes and Eggs

Fresh fruit, yogurt, and milk are offered daily

Milk substitute available

Cream cheese and nut/seed butters are available as well as egg substitutes

## LUNCH

Pizza	Pasta	Classic	Cultural	Soup/Sandwich
2 Pizza – Cheese. Pepperoni, Sausage and Peppers  Ceasar Salad	3  Lasagna  Broccoli	4  Philly Cheesesteaks  Fries	5  Tofu Chow Mein  Carrots	6  Black Bean Soup Cheese Quesadilla  Salad
9 Pizza – Cheese. Pepperoni, Sausage and Peppers  Ceasar Salad	10  Herbed Parmesan Pasta with Chicken  Cauliflower	11  Baked Potato Bar  Chili, Cornbread	12  Pork Verde  Rice  Corn	13  Chicken Soup Fresh Bread  Salad
16 Pizza – Cheese. Pepperoni, Sausage and Peppers  Ceasar Salad	17  Ricotta Pasta Penne with Chicken  Romanesco	18  Cheeseburger  Fries	19  Fish Tacos  Rice  Coleslaw	20  Split Pea Soup with Ham Cornbread  Salad
23 Pizza – Cheese. Pepperoni, Sausage and Peppers  Ceasar Salad	24  Pesto Pasta with Pork  Butternut Squash	25  Baked Chicken Polenta  Peas	26  Bean & Cheese Burritos   Coleslaw	27  Chicken Soup Fresh Bread  Salad
30 Pizza – Cheese. Pepperoni, Sausage and Peppers  Ceasar Salad	31  Spaghetti with Beef  Broccoli	1  Turkey Tacos  Rice  Coleslaw	2  Egg Fried Rice with Tofu   Bok Choy	3  Cheesy Potato Soup Fresh Rolls  Salad

Fruit, vegetables, and milk are offered daily.

Every meal can be ordered vegetarian.

All meals can be prepared allergen free.