

MARCH 2025

PAL Charter Academy

March 3 - March 31

Friday

7

Monday

Cheeseburger on Bun w/ Potate
wedges
Fresh Fruit
Fruit Juice
Organic Low Fat Milk
Soy/Nut Milk Alternative

Teriyaki Chicken & Veggie Fresh Rice w/ edamame
Fresh Fruit
Fruit Juice
Organic Low Fat Milk
Soy/Nut Milk Alternative

Chicken Salad w/ Mixed Greens & Garlic Pita Bread Fresh Fruit Fruit Juice (V) Meatless Chik'n Nuggets w/ Side Salad Organic Low Fat Milk Soy/Nut Milk Alternative



Tuesday

Power Up! Chicken Caesar A Salad w/ Garlic Naan Fresh Fruit Fruit Juice (DF) Options Available Organic Low Fat Milk Soy/Nut Milk Alternative

Chicken Tenders & Buttermilk
Waffles
Fresh Fruit
Fruit Juice
(V) (DF) Options Available
Organic Low Fat Milk
Soy/Nut Milk Alternative

Walking Taco - beef, black be tomato, cheddar, avocado Fresh Fruit Fruit Juice
(V) Veggie Walking Taco
(DF) Options Available
Organic Low fat Milk
Soy/Nut Milk Alternative



Wednesday

Chicken Tamale w/ rice veggies
Fresh Fruit
Fruit Juice
Organic Low Fat Milk
Soy/Nut Milk Alternative

Beef Chili Cheese Dog w/ Sweet
Potato Fries
OR Chicken Sandwich
Fresh Fruit
Fruit Juice
Organic Low Fat Milk
Soy/Nut Milk Alternative

Pepperoni Or BBQ Veggie Pizes Fresh Fruit Fruit Juice Organic Low fat Milk Soy/Nut Milk Alternative



Thursday

Grilled Pastrami & Cheese Sandwing W/ Veggle Crisps
OR Grilled Turkey & Cheese Sandwich
Fruit Salad
Fruit Juice
Organic Low Fat Milk
Soy/Nut Milk Alternative

Salisbury Steak w/ Onions, Greens W/ potatoes & Roll
Fresh Fruit
Fruit Juice
(V) Meatless Meatballs w/ Green Beans
Organic Low Fat Milk
Soy/Nut Milk Alternative

Glazed Ham OR Baked Chicken received cheese, honey butter carrots, & Carlo Cake Fresh Fruit Fruit Juice
(V) (DF) Options Available
Organic Low Fat Milk
Soy/Nut Milk Alternative











All grains offered are Whole Grain Rich

(V)- Vegetarian (DF) - Dairy Free

Choice of Organic Low Fat Milk or Soy Milk is offered daily

Menu items are subject to change based on product availability