

One complete lunch meal daily is free for all Pasadena USD students
 \$4.75 for Adults and 2nd complete lunch meals
 Milk or Juice only is \$.50

PUSD Elementary Lunch

March 2024

PUSD Menus are nut free.

*Non-Meat Item

Menu subject to change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 Mar 11 – 15	Chicken or *Plant Based Tenders w/ Cheez-it Crackers *Low-Fat Yogurt Grab & Go Bag Broccoli Applesauce Cup	Meatball Hoagie Sandwich *Italian Cheesy Bread w/ Marinara Green Beans Seasonal Fruit	Teriyaki Chicken over Brown Rice *Soy Butter & Jam Sandwich Carrot Coins Seasonal Fruit	Chicken, Cheese & Rice Burrito *Bean & Cheese Quesadilla Pinto Beans Fruit Cup	Cheeseburger or *Garden Burger *Low-Fat Yogurt Grab & Go Bag Potato Wedges Banana
Week 2 Mar 1 Mar 18 – 22	Chicken or *Plant Based Nuggets w/ Hartzels Pretzels *Low-Fat Yogurt Grab & Go Bag Broccoli Applesauce Cup	Italian Submarine Sandwich *Mac & Cheese & Dinner Roll Green Beans Seasonal Fruit	Beef Teriyaki Dippers over Chow Mein Noodles *Bag of Sunshine Honey Roasted Sunflower Seeds, LF String Cheese, Sun Chips & Raisins Carrot Coins Seasonal Fruit	Chicken Drumstick w/ Artisan Dinner Roll *Cheese Pupusa Pinto Beans Fruit Cup	Beef Hot Dog on a Bun *Grilled Cheese Sandwich Tater Tots Banana
Week 3 Mar 4 – 8 Mar 25 - 28	Chicken or *Plant Based Chicken Sandwich *Low-Fat Yogurt Grab & Go Bag Broccoli Applesauce Cup	Penne Pasta with Meat Sauce *Italian Cheesy Bread w/ Marinara Green Beans Seasonal Fruit	Orange Chicken over Brown Rice *Low-Fat Yogurt Grab & Go Bag Carrot Coins Seasonal Fruit	Beef Hard Shell Tacos (2) Crispy Fish Soft Tacos (2) Pinto Beans Fruit Cup	Pepperoni or *Cheese Pizza *Low-Fat Yogurt Grab & Go Bag Roasted Corn Banana

Visit www.pusd.us for:

Select at least 3 food components to complete a nutritious lunch meal.

Nonfat white, 1% white, nonfat chocolate milk and vegetable juice is offered daily to complete a nutritious lunch meal.

Monthly menus, nutrition, allergen, and carbohydrate information.

For additional information or inquiries, please contact PUSD Food and Nutrition Services
 740 W. Woodbury Rd, Pasadena, CA 91103 (626) 396-5852

This institution is an equal opportunity provider.