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@rosemeadcafe

# Márchx



**Food Connects Us**  
2025 NATIONAL NUTRITION MONTH  
A Campaign by the Academy of Nutrition and Dietetics

**FREE  
BREAKFAST  
AND LUNCH  
FOR ALL  
STUDENTS**

Menu are subject to change without prior notice

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

 <p><b>3</b></p>	<p><b>4</b></p> <p>Assorted Concha</p> <p>Spicy Italian or Turkey Cold Cut Deli Sandwich with Sun Chips and Garbanzo Bean Salad</p>	<p><b>5</b></p> <p>Mini Pancake Sausage Bites</p> <p>Pasta Bolognese, Garlic Knot, and Garlicky Broccoli</p>	<p><b>6</b></p> <p>Bagel with Cream Cheese</p> <p>Chicken &amp; Veggie Dumplings with Sesame Ginger Salad and Fortune Cookie</p>	<p><b>7</b></p> <p>Egg, Sausage &amp; Cheese Tornado</p> <p>Cheeseburger Sliders, Crinkle Cut Fries, and BBQ Baked Beans</p>
<p><b>10</b></p> <p>Breakfast Apple Mini Bites</p> <p>Boneless Chicken Wings, Mashed Potatoes, Steamed Corn, and Dinner Roll</p>	<p><b>11</b></p> <p>Colby Cheese Omelet with Biscuit</p> <p>Crunchy Beef Taco, Mexican Rice, Elote Salad, and Refried Beans</p>	<p><b>12</b></p> <p>Freshly Baked Cinnamon Rolls</p> <p>Grassfed Hamburger or Cheeseburger with Seasoned Wedge Fries</p>	<p><b>13</b></p> <p>Ham &amp; Cheese Croissant</p> <p>Mandarin Orange Chicken, Brown Rice, Fortune Cookie, and Garlicky Broccoli</p>	<p><b>14</b></p> <p>Double Chocolate Chip Muffin</p> <p>Pepperoni or Cheese Pizza with Kale Caesar Salad</p>
<p><b>17</b></p> <p>Strawberry Mini Bagel</p> <p>Chicken Nuggets with Goldfish Cheddar Crackers and Shamrock Cookie</p>	<p><b>18</b></p> <p>Scrambled Egg with Toast</p> <p>100% Grassfed Beef Hot Dog on a Bun with BBQ Beans</p>	<p><b>19</b></p> <p>Eggoji Waffle with Syrup</p> <p>Breaded Chicken Drumsticks, Mashed Potatoes, and Garlic Knot</p>	<p><b>20</b></p> <p>Freshly Baked Ultimate Breakfast Rounds (UBR)</p> <p>Spaghetti &amp; Meatballs with Garlicky Broccoli</p>	<p><b>21</b></p> <p>Freshly Baked Blueberry Lemon Scones</p> <p>Galaxy Cheese or Pepperoni Pizza with Kale Caesar Salad</p>
<p><b>24</b></p> <p>Breakfast Sausage Sandwich</p> <p>Three Cheese Cavatappi with Garlic Breadsticks</p>	<p><b>25</b></p> <p>French Toast with Turkey Sausage</p> <p>Chicken Taquitos, Guacamole and Refried Beans</p>	<p><b>26</b></p> <p>Assorted BeneFIT Bar</p> <p>Breaded Chicken Filet Sandwich with Seasoned Wedges</p>	<p><b>27</b></p> <p>Freshly Baked Chocolate Scones</p> <p>Teriyaki BBQ Chicken, Brown Rice, Fortune Cookie, and Garlicky Broccoli</p>	<p><b>28</b></p> <p>Chocolate Chip Muffin</p> <p>Beef Taco Stick with Chipotle Southwest Salad</p>
<p><b>31</b></p> <p>Breakfast Pizza Bagel</p> <p>Kickin' Nuggets with Freshly Baked Chocolate Chip Cookie</p>	<div data-bbox="726 1121 1031 1495"> <p><b>Mon</b> - Grilled Cheese Sandwich</p> <p><b>Tu</b> - Bean &amp; Cheese Burrito</p> <p><b>Wed</b> - Cheesy Pull Apart</p> <p><b>Th</b> - Cheese Calzone</p> <p><b>Fri</b> - Chicken Caesar Wrap</p> </div> <div data-bbox="1224 1167 1812 1367"> <p><b>LUNCH CHOICES INCLUDES ASSORTED FRESH FRUIT, VEGETABLES, AND 1% OR FAT FREE MILK</b></p> </div>			

 **FRESHLY PREPARED**  
**PLANT-BASED**



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