

Kestrel Heights Menu- March 2025

Monday (03/03)	Tuesday (03/04)	Wednesday (03/05)	Thursday (03/06)	Friday (03/07)
Breakfast				
Pop Tarts - Strawberry Fruit Choice 100% Fruit Juice Milk	Whole Grain Cereal Banana 100% Fruit Juice Milk	Cinnamon Roll Fruit Choice 100% Fruit Juice Milk	WG Granola and Yogurt Fresh Fruit 100% Fruit Juice Milk	Blueberry Muffin Fruit Choice 100% Fruit Juice Milk
Lunch				
Beef Chili or Vegetarian Chili Roasted Carrots Applesauce Cup Roll Milk	Chicken Filet on Bun or Chickpea Salad on Bun Hashbrown Potatoes Baked Beans Diced Peaches Milk	Super Beef Spaghetti or Cheesy Spaghetti w/ Cheese Stick Fresh Green Beans Fruit Choice Roll Milk	Goey Cheese Quesadilla Spicy Black Beans Baby Carrots w/ ranch dressing Salsa Fresh Fruit Milk	Cheese Pizza Corn Side Salad w/ ranch dressing Diced Peaches Milk
Monday (03/10)	Tuesday ((03/11)	Wednesday (03/12)	Thursday (03/13)	Friday (03/14)
Breakfast				
NO SCHOOL - Teacher Workday	WG Breakfast Burrito Mixed Fruit Cup 100% Fruit Juice Milk	Banana Muffin Fresh Fruit 100% Fruit Juice Milk	Pancakes Banana 100% Fruit Juice Milk	WG Nutri Grain Bar Cheese Stick Fruit Choice 100% Fruit Juice Milk
Lunch				
NO SCHOOL - Teacher Workday	Chicken & Waffles or Crispy Tofu & Waffles Super Sautéed Spinach Hashbrown Potatoes Apple Milk	Super Beef Spaghetti or Cheesy Spaghetti w/ Cheese Stick Sautéed Squash Roll Fruit Choice Milk	Herb Roasted Chicken Legs Black Beans Aromatic Brown Rice California Blend Vegetables Fresh Fruit Milk	Cheese Pizza Corn Side Salad w/ ranch dressing Diced Peaches Milk
Monday (03/17)	Tuesday (03/18)	Wednesday (03/19)	Thursday (03/20)	Friday (03/21)
Breakfast				
WG Bagel w/ Cream Cheese Fresh Fruit 100% Fruit Juice Milk	Oatmeal Fruit Choice 100% Fruit Juice Milk	Waffle Fresh Fruit 100% Fruit Juice Milk	WG Cinnamon Roll Fruit Choice 100% Fruit Juice Milk	Banana Muffin Mixed Fruit Cup 100% Fruit Juice Milk
Lunch				
Pulled Chicken BBQ on Bun or Chickpea Salad on Bun Zany Zucchini & Tomatoes Sautéed Kale Fruit Choice Roll	Crispy Chicken Strips or Crispy Tofu Baked Beans Potato Wedges Fresh Fruit Roll Milk	Cheese Ravioli w/ Meat Sauce or Cheese Ravioli w/ Marinara Sautéed Bell Peppers (Mixed) Glazed Carrots Applesauce Cup Roll Milk	Beef Meatballs in Mongolian Sauce Fried Rice Fresh Stir-Fry Vegetables Fruit Compote Milk	Cheese Pizza Corn Side Salad w/ ranch dressing Diced Peaches Milk
Monday (03/24)	Tuesday ((03/25)	Wednesday (03/26)	Thursday ((03/27)	Friday (03/28)
Breakfast				

Pop Tarts - Strawberry Fruit Choice 100% Fruit Juice Milk	WG Granola & Yogurt Fruit Choice 100% Fruit Juice Milk	Blueberry Muffin Fresh Fruit 100% Fruit Juice Milk	French Toast Sticks Spiced Apples 100% Fruit Juice Milk	WG Nutri Grain Bar Cheese Stick Mixed Fruit Cup 100% Fruit Juice Milk
Lunch				
Cheese Ravioli w/ Meat Sauce or Cheese Ravioli w/ Marinara Zany Zucchini Roasted Carrots Fresh Fruit Roll Milk	Chicken & Waffle or Crispy Tofu & Waffle Super Sauteed Spinach Hash Brown Potatoes Mixed Fruit Cup Milk	Turkey Sub or Mozzarella, Spinach & Tomato Sub Sun Chips Baby Carrots w/ Dressing Fruit Choice Milk	BBQ Chicken Thigh or BBQ Tofu Mashed Potatoes Cool NC Collards Golden Cornbread Applesauce Cup Milk	Cheese Pizza Corn Side Salad w/ ranch dressing Diced Peaches Milk