

LAUREL TREE CHARTER SCHOOL'S LUNCH MENU FOR MARCH 2017

· Always Vegetarian · Sometimes Vegan & Gluten-free · Seasonal, Local, & Organic Whenever Possible ·

*****A BIG THANKS to In 1 Farms for their fresh, local, & organic veggies!!! ☺*****

· Lunches cost \$3.50 each · We accept cash & check payments ·

(Dishes are subject to change due to the availability of ingredients. If changed, a new menu will be posted ASAP.)

Monday	Tuesday	Wednesday	Thursday
<p>6 *SCHOOL BOARD MTG! Coconut Curry Veggies & Tofu Jasmine rice Salad & Fruit <i>Vegan & Gluten-Free</i></p>	<p>7 Mac & Trees Salad & Fruit</p>	<p>8 Burrito Bar (black beans, rice, cheese, salsa, & toppings) Salad & Fruit <i>Vegan & Gluten-Free Option</i></p>	<p>9 Tomato Basil Soup Cheese & Crackers Salad & Fruit <i>Vegan & Gluten-Free Option</i></p>
<p>MAR 13th-16th NO SCHOOL LUNCH! PLEASE PACK YOUR OWN HEALTHY LUNCHES!!!</p>			
<p>20 Thai Peanut Tofu & Veggies Rice Noodles Salad & Fruit <i>Vegan & Gluten-Free</i></p>	<p>21 Fettuccine Alfredo Salad & Fruit</p>	<p>22 3-Bean Chili & Brown Rice Salad, Fruit Tortilla Chips <i>Vegan & gluten-free option</i></p>	<p>23 Potato Corn Chowder Crackers Salad & Fruit <i>Gluten-Free Option</i></p>
<p>27 Teriyaki Tofu & Veggies Quinoa Salad & Fruit <i>Vegan & Gluten-Free</i></p>	<p>28 Spaghetti & Veggies Salad & Fruit <i>Vegan Option</i></p>	<p>29 Nachos (chips, beans, cheese sauce, salsa, & toppings) Salad & Fruit <i>Vegan & Gluten-Free Option</i></p>	<p>30 Tortellini Soup Salad & Fruit</p>