

ROSS ELEMENTARY SCHOOL DISTRICT

MARCH

Vegan / Gluten Free



Monday	Tuesday	Wednesday	Thursday	Friday
26 - Vegan 3 Bean Chili W/ T.Chips	27 - Vegan Fried Rice	28 - Vegan Bean Burrito Bowl	29 - Vegan Chickpea Tikka Masala	1 - Vegan Pinto Pozole W/T. Chips
4 - Vegan Spanish Beans W/ Rice	5 - Vegan 3 Bean Chili W/ T.Chips	6 - Vegan Fried Rice	7 - Vegan Bean Burrito Bowl	8 - Myo Vegan Tacos
11 - Vegan Chickpea Tikka Masala	12 - Vegan Pinto Pozole W/T. Chips	13 - Vegan Spanish Beans W/ Rice	14 - Vegan 3 Bean Chili W/ T.Chips	15 - Vegan Fried Rice
18 - Vegan Bean Burrito Bowl	19 - Myo Vegan Tacos	20 - Vegan Chickpea Tikka Masala	21 - Vegan Pinto Pozole W/T. Chips	22 - Vegan Spanish Beans W/ Rice
25 - Vegan 3 Bean Chili W/ T.Chips	26 - Vegan Fried Rice	27 - Vegan Bean Burrito Bowl	28 - Vegan Chickpea Tikka Masala	29 - Vegan Pinto Pozole W/T. Chips

Drinks

1% Milk, Nonfat Milk

This institution is an equal opportunity provider and employer



ALL MEALS COME WITH A CHOICE OF FRESH FRUIT OR FRESH VEGETABLE AND A DRINK



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



VEGETARIAN



VEGAN

PLACE YOUR ORDER NOW!



(650) 596-8008



lunchmaster@thelunchmaster.com



www.thelunchmaster.com

ROSS ELEMENTARY SCHOOL DISTRICT

MARCH

LUNCH K-8 AND 9-12 2023-24



Monday	Tuesday	Wednesday	Thursday	Friday
26 - Cheeseburger	27 - Spaghetti W/ Beef Meatsauce	28 - Mr. Mike's Bbq Chicken Sandwich	29 - Cheesey Rollup - Chicken Bacon Ranch Wrap	1 - Meat Lover's Pizza - Cheese Pizza
4 - Pasta W/ Olive Oil & Parmesan	5 - Chicken Corn Dog	6 - Pasta W/ Marinara & Mozzarella	7 - Breaded Chicken Sandwich	8 - Meat Lover's Pizza - Cheese Pizza
11 - Cheeseburger	12 - Beef Hot Dog	13 - Chicken Calzone	14 - Cheese Ravioli W/ Marinara Sauce	15 - Meat Lover's Pizza - Cheese Pizza
18 - Chicken Burrito	19 - Mac And Cheese	20 - Chicken Parmesan Sandwich - Breaded Chicken Wrap	21 - Bean & Cheese Burrito	22 - Meat Lover's Pizza - Cheese Pizza
25 - Cheeseburger	26 - Spaghetti W/ Beef Meatsauce	27 - Mr. Mike's Bbq Chicken Sandwich	28 - Chicken Nuggets W/ Olive Oil & Parmesan Pasta	29 - Meat Lover's Pizza - Cheese Pizza

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ROSS ELEMENTARY SCHOOL DISTRICT

MARCH

BREAKFAST K-12 2023-24



Monday	Tuesday	Wednesday	Thursday	Friday
26 - Breakfast Cereal	27 - Sausage & Cheese Muffin Sandwi	28 - Breakfast Cereal	29 - Breakfast Muffins	1 - French Toast Sticks
4 - Breakfast Scones	5 - Bagel W/ Cream Cheese (Brk)	6 - Breakfast Muffins	7 - Sausage Egg & Cheese Biscuit	8 - Breakfast Cereal
11 - Sunbutter & Jelly Sandwich Brk	12 - Breakfast Cereal	13 - Pancakes W/ Syrup	14 - Apple Cinnamon Frudel	15 - French Toast Sticks
18 - Breakfast Scones	19 - String Cheese & Mini Muffin	20 - Breakfast Cereal	21 - Yogurt W/ Grahams	22 - Blueberry Crumble
25 - Bagel W/ Cream Cheese (Brk)	26 - Breakfast Scones	27 - Pancakes W/ Syrup	28 - Breakfast Muffins	29 - Breakfast Cereal

Drinks

1% Milk, Nonfat Milk

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ALL BREAKFAST ENTREES INCLUDE A FRUIT AND MILK



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



VEGETARIAN



VEGAN

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ROSS ELEMENTARY SCHOOL DISTRICT

MARCH

Vegan / Gluten Free

Date	Menu Item		Count	Allergens
Monday 26	Vegan 3 Bean Chili W/ T.Chips	V	30	Tomato, Soy
Tuesday 27	Vegan Fried Rice	V	12	Soy, Sesame
Wednesday 28	Vegan Bean Burrito Bowl	V	12	Tomato, Soy
Thursday 29	Vegan Chickpea Tikka Masala	V	12	Tomato, Soy
Friday 1	Vegan Pinto Pozole W/T. Chips	V	23	Tomato, Soy
Monday 4	Vegan Spanish Beans W/ Rice		12	Tomato, Soy
Tuesday 5	Vegan 3 Bean Chili W/ T.Chips	V	23	Tomato, Soy
Wednesday 6	Vegan Fried Rice	V	12	Soy, Sesame
Thursday 7	Vegan Bean Burrito Bowl	V	12	Tomato, Soy
Friday 8	Myo Vegan Tacos	V	15	Soy
Monday 11	Vegan Chickpea Tikka Masala	V	12	Tomato, Soy
Tuesday 12	Vegan Pinto Pozole W/T. Chips	V	23	Tomato, Soy
Wednesday 13	Vegan Spanish Beans W/ Rice		12	Tomato, Soy
Thursday 14	Vegan 3 Bean Chili W/ T.Chips	V	23	Tomato, Soy
Friday 15	Vegan Fried Rice	V	12	Soy, Sesame
Monday 18	Vegan Bean Burrito Bowl	V	12	Tomato, Soy
Tuesday 19	Myo Vegan Tacos	V	15	Soy
Wednesday 20	Vegan Chickpea Tikka Masala	V	12	Tomato, Soy
Thursday 21	Vegan Pinto Pozole W/T. Chips	V	23	Tomato, Soy
Friday 22	Vegan Spanish Beans W/ Rice		12	Tomato, Soy
Monday 25	Vegan 3 Bean Chili W/ T.Chips	V	23	Tomato, Soy
Tuesday 26	Vegan Fried Rice	V	12	Soy, Sesame
Wednesday 27	Vegan Bean Burrito Bowl	V	12	Tomato, Soy
Thursday 28	Vegan Chickpea Tikka Masala	V	12	Tomato, Soy
Friday 29	Vegan Pinto Pozole W/T. Chips	V	23	Tomato, Soy

ROSS ELEMENTARY SCHOOL DISTRICT

MARCH

LUNCH K-8 AND

9-12 2023-24



Date	Menu Item	Count	Allergens
Monday 26	Cheeseburger	56	Beef, Milk, Wheat, Soy
Tuesday 27	Spaghetti W/ Beef Meatsauce	72	Wheat, Egg, Beef, Milk, Tomato, Soy
Wednesday 28	Mr. Mike's Bbq Chicken Sandwich	72	Chicken, Wheat, Soy, Milk, Tomato
Thursday 29	Cheesey Rollup	46	Wheat, Milk
	Chicken Bacon Ranch Wrap	28	Wheat, Milk, Pork, Chicken, Egg, Tomato
Friday 1	Meat Lover's Pizza	20	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	29	Wheat, Soy, Milk, Tomato
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Monday 4	Pasta W/ Olive Oil & Parmesan	60	Wheat, Milk
Tuesday 5	Chicken Corn Dog	52	Wheat, Soy, Egg, Chicken, Turkey, Sesame
Wednesday 6	Pasta W/ Marinara & Mozzarella	60	Wheat, Egg, Milk, Tomato
Thursday 7	Breaded Chicken Sandwich	60	Wheat, Soy, Milk, Chicken, Sesame
Friday 8	Meat Lover's Pizza	23	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	34	Wheat, Soy, Milk, Tomato
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Monday 11	Cheeseburger	60	Beef, Milk, Wheat, Soy
Tuesday 12	Beef Hot Dog	50	Wheat, Beef, Soy
Wednesday 13	Chicken Calzone	60	Wheat, Soy, Egg, Milk, Pork, Chicken, Fish, Tomato, Sesame
Thursday 14	Cheese Ravioli W/ Marinara Sauce	49	Egg, Milk, Wheat, Tomato
Friday 15	Meat Lover's Pizza	24	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	36	Wheat, Soy, Milk, Tomato
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Monday 18	Chicken Burrito	60	Milk, Chicken, Wheat, Tomato
Tuesday 19	Mac And Cheese	57	Wheat, Milk
Wednesday 20	Chicken Parmesan Sandwich	34	Wheat, Soy, Milk, Tomato, Chicken
	Breaded Chicken Wrap	26	Wheat, Soy, Egg, Milk, Chicken, Sesame
Thursday 21	Bean & Cheese Burrito	49	Milk, Wheat, Soy
Friday 22	Meat Lover's Pizza	24	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	36	Wheat, Soy, Milk, Tomato
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Monday 25	Cheeseburger	49	Beef, Milk, Wheat, Soy
Tuesday 26	Spaghetti W/ Beef Meatsauce	60	Wheat, Egg, Beef, Milk, Tomato, Soy
Wednesday 27	Mr. Mike's Bbq Chicken Sandwich	60	Chicken, Wheat, Soy, Milk, Tomato
Thursday 28	Chicken Nuggets W/ Olive Oil & Parmesan Pasta	60	Wheat, Soy, Egg, Milk, Chicken, Sesame
Friday 29	Meat Lover's Pizza	20	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	29	Wheat, Soy, Milk, Tomato

601 Taylor Way, San Carlos, CA 94070



ROSS ELEMENTARY SCHOOL DISTRICT
MARCH

LUNCH K-8 AND
9-12 2023-24



Date

Menu Item

Count Allergens



ROSS ELEMENTARY SCHOOL DISTRICT
MARCH

BREAKFAST K-12
2023-24



Date	Menu Item	Count	Allergens
Monday 26	Breakfast Cereal	80	Wheat, Soy, Milk, Pork, Beef
Tuesday 27	Sausage & Cheese Muffin Sandwi	80	Milk, Wheat, Soy
Wednesday 28	Breakfast Cereal	80	Wheat, Soy, Milk, Pork, Beef
Thursday 29	Breakfast Muffins	80	Wheat, Soy, Egg, Milk
Friday 1	French Toast Sticks	100	Wheat, Soy, Egg, Milk
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Monday 4	Breakfast Scones	72	Wheat, Soy, Egg, Milk
Tuesday 5	Bagel W/ Cream Cheese (Brk)	72	Wheat, Soy, Milk
Wednesday 6	Breakfast Muffins	72	Wheat, Soy, Egg, Milk
Thursday 7	Sausage Egg & Cheese Biscuit	72	Wheat, Soy, Egg, Milk, Pork, Beef, Chicken, Turkey
Friday 8	Breakfast Cereal	80	Wheat, Soy, Milk, Pork, Beef
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Monday 11	Sunbutter & Jelly Sandwich Brk	72	Wheat, Soy
Tuesday 12	Breakfast Cereal	70	Wheat, Soy, Milk, Pork, Beef
Wednesday 13	Pancakes W/ Syrup	72	Wheat, Milk, Egg, Soy
Thursday 14	Apple Cinnamon Frudel	Veg 72	Wheat, Soy, Egg, Milk
Friday 15	French Toast Sticks	100	Wheat, Soy, Egg, Milk
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Monday 18	Breakfast Scones	72	Wheat, Soy, Egg, Milk
Tuesday 19	String Cheese & Mini Muffin	72	Milk, Wheat, Soy, Egg
Wednesday 20	Breakfast Cereal	70	Wheat, Soy, Milk, Pork, Beef
Thursday 21	Yogurt W/ Grahams	72	Wheat, Soy, Milk
Friday 22	Blueberry Crumble	72	Wheat, Soy, Egg, Milk
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Monday 25	Bagel W/ Cream Cheese (Brk)	72	Wheat, Soy, Milk
Tuesday 26	Breakfast Scones	72	Wheat, Soy, Egg, Milk
Wednesday 27	Pancakes W/ Syrup	72	Wheat, Milk, Egg, Soy
Thursday 28	Breakfast Muffins	72	Wheat, Soy, Egg, Milk
Friday 29	Breakfast Cereal	72	Wheat, Soy, Milk, Pork, Beef