

WRAAA March 2026 Kosher Menu

Menu written by: Dan Kaminski Menu Approval: *Ann Stahlheber, MS, RDN, LD*

Tuesday	Wednesday	Thursday	Friday	Saturday
March 3	March 4	March 5	March 6	March 7
Plov , (3 oz beef, ½ cup rice, ½ cup vegetables) Israeli salad , 1 cup Fruit Juice , 4 oz Hamantaschen , 2oz	Roasted chicken , 3 oz Roasted vegetables , 1 cup Orange , 1 medium Whole wheat tortilla , 2 oz	Quinoa salad with Chicken (3 oz chicken, 1/2 cup quinoa, 1 cup spring mix, 1/2 cup fresh vegetables) Salad Dressing , 1 PC Fruit cup , 1 cup WG Pita , 1 oz	Beef Stir fry , 3 oz ground beef Stir Fried Vegetables , ½ cup Wild rice , 1 cup Corn salad , ½ cup Banana 1 medium	Roast beef , 3oz Mashed potato , ½ cup Gravy , ½ cup Pickled cabbage ½ cup Apple 1 medium Whole wheat bread 2 oz Margarine , 1 PC
March 10	March 11	March 12	March 13	March 14
Stewed cabbage , 3oz beef, 1 cup cabbage Tomato salad , ½ cup Fruit cup , 1 cup Whole wheat tortilla Chips 2 oz	Burger , (3oz beef, ½ cup fresh vegetables, WG Bun , 2 oz Fries , 1 cup Ketchup , 1 PC Fruit Juice , 4oz Whole what pita chips 1oz	Chicken , 4oz Potato , 1 cup Pasta salad 1 cup (1/2 cup grain, ½ cup vegetables) Fruit Juice 4oz Oatmeal cookie , 2oz	Crispy chicken , 3oz Quinoa salad ½ cup Cooked vegetables , ½ cup Cabbage salad , 1 cup Fruit Juice , 4oz	Shawarma , 3 oz beef and turkey Mashed potato , ½ cup Eggplant pepper salad , ½ cup Fruit Juice , 4oz Whole wheat pita , 2 oz
March 17	March 18	March 19	March 20	March 21
Chicken Ceasar Salad , 3oz chicken, 1 cup spring mix, 1 cup fresh vegetables, 1 oz croutons Orange , 1 medium Oatmeal cookie , 2 oz	BBQ Chicken , 4 oz Brown Rice , 1 cup Fries , 1 cup Ketchup , 1 PC Banana , 1 medium	Roasted Meatballs 3 oz beef, Roasted Vegetables , ½ cup Noodles , ½ cup Stewed zucchini , ½ cup Fruit Juice , 4oz Whole wheat bread , 1 oz	Falafel , 4 oz protein equivalent Pita , whole wheat 3 oz Sweet potato Fries , 1 cup Ketchup , 1 PC Orange 1 medium	Roasted Chicken (bone in) , 4 oz Roasted Vegetables , 1 cup Fruit Juice , 4oz Whole wheat Tortilla , 2 oz
March 24	March 25	March 26	March 27	March 28
Cobb Salad (3 oz chicken, 1 cup spring mix, 1 cup fresh vegetables) Salad Dressing , 1 PC Fruit cup , 1 cup Whole wheat tortilla Chips , 2 oz	Grilled Turkey , 3oz Peas , 1 cup Potato Bureka , ½ cup potato, Grain, ½ cup Whole wheat bread , 1 oz Margarine , 1 PC	Beef with buckwheat and vegetables (3oz beef, ½ cup vegetables, ½ buckwheat) Green salad , 1 cup Cookie , 1oz Fruit Juice , 4oz	WG Spaghetti , 1 cup Meatballs , 3oz Marinara , ½ cup Ratatouille , ½ cup Apple sauce , ½ cup	Stuffed pepper , 3oz ground beef Rice , ½ cup Cucumber salad , 1 cup Apple , 1 medium Whole wheat pita , 1oz
March 31				
Quinoa salad with Chicken (3 oz chicken, 1/2 cup quinoa, 1 cup spring mix, 1/2 cup fresh vegetables) Salad Dressing , 1 PC Fruit cup , 1 cup WG Pita , 1 oz				Each meal is served with 8 oz Non Dairy Milk Alternative

Choose daily menu or Alternate meal. Alternate meal is: Falafel (3 oz), Pita 2 oz, 1 cup spring mix salad, ½ c hummus, 1 orange, and milk alternative 8 oz

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