



The Meadowbrook School: March 2026 Menu



Ingredient availability can alter menu selections.

March 2 Chicken & Waffles Sliced Fruit	March 3 Soft Shell Beef Tacos w/Cheese & Salsa Corn Tortilla Chips Rice	March 4 Grilled Mediterranean Chicken Falafel w/Pita and Tzatziki Sauce Basmati Rice	March 5 Grilled American Cheese Sandwich Soup Du Jour Multi-Grain Chips	March 6 Cheese Pizza Potato Chips Veggie Sticks with Ranch Dip <i>National Oreo Day</i>
March 9 Parmesan Chicken Pasta Marinara Garlic Bread Steamed Broccoli	March 10 Grilled Flank Steak Potato Pancakes Green Beans and Leeks	March 11 Breakfast for Lunch Hot Oatmeal with Toppings Zucchini/Banana Bread Scrambled Eggs	March 12 Grilled Tandoori Chicken Roast Mixed Veggies Basmati Rice Grilled Naan	March 13 Cheeseburger Slider Tater Tots Sliced Fresh Fruit <i>Science is Fun Dessert</i>
March 16 Breakfast for Lunch French Toast Hashbrown Brown Patties Pork Bacon	March 17 Soft Shell Chicken Tacos w/Cheese & Salsa Corn Tortilla Chips Rice	March 18 Guest Chef Nathia Williams An Introduction to West African Cuisine <i>*see second page for info.</i>	March 19 Grilled Cheese Sandwich Multi-Grain Chips Chef's Choice Soup of the Day	March 20 <i>National Cheese Ravioli Day</i> Italian Pork Sausage Garlic Bread Steamed Green Beans
March 23 Beef Quesadilla Steamed White Rice Fried Corn Tortillas w/Salsa	March 24 <i>Baseball Opening Day</i> All Beef Hot Dogs Honey Mustard Chicken Tenders Mac n' Cheese	March 25 NO SCHOOL	March 26 NO SCHOOL	March 27 NO SCHOOL

DAILY ALTERNATIVES

Caesar Salad, SunButter Sandwiches, SunButter & Jelly Sandwiches, Cheese Sandwiches, Turkey & Cheese Sandwiches, Berry Overnight Oats, Protein Packs with Cheese & Fruit, Protein Packs with Cheese, Fruit, & Crackers. Protein Packs with Hard boiled Egg & Carrots.

Hand fruit and salads will always be available.

Dessert will alternate: sweet one day, fruit the next, yogurt, etc.



Our school will
welcome
CulinArt
Visiting Chef:
Nathia Williams
on
Wednesday,
March 18th.

CULINART VISITING CHEF

NATHIA WILLIAMS

FEATURED MENU

Suya

marinated thinly sliced beef skewers
*a popular West African street food
substitute jackfruit or mushrooms to make it vegan*

Jollof Rice

herbed rice with red bell pepper and tomato

Sautéed Greens

spinach cooked with aromatics and herbs
inspired by traditional "fried greens"

Banana Bread



Chef Nathia Williams is a Baltimore-based chef who specializes in an Afro-diasporic food that celebrates culture, community, and storytelling through flavor. With over a decade of experience across fine dining, events, and large-scale hospitality, she's known for her creative, soulful approach to modern cuisine. Whether curating pop-ups, private dinners, or festival menus, Chef Nathia brings people together through food that feels both familiar and elevated.

