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Thread: [Free & Discount Food & Drink Deals \[March 2026\] \[USA\]](#)

Rsynced - February 28, 2026, 6:11 pm

? March 2026 – Free & Discount Food & Drink Deals (Nationwide) ?

Notes: U.S. nationwide chains only. “Participating locations” and standard exclusions apply. Most app deals require opt-in to the brand’s rewards program.

? DATE-SPECIFIC DEALS (MAR 2026)

? IHOP – National Pancake Day Freebie (Tue, Mar 3)

1 FREE short stack of Buttermilk Pancakes, 7am–8pm, dine-in only, no purchase required.

? Various Chains – Daylight Saving & March Events (mid-Mar)

Many chains run one-day “spring forward” or March Madness promos; check your apps around Selection Sunday and early tournament rounds for limited-time offers on wings, pizza, and apps.

? WEEKLY & ONGOING APP DEALS (ACTIVE IN MARCH)

? McDonald’s – \$1 Egg McMuffin Mondays (early March)

Select markets: \$1 Egg McMuffin or Sausage McMuffin with Egg on Mondays via app offer (limit 1 per customer on promo days).

? Wendy’s – Free Nuggs Wednesdays

FREE 6-pc nuggets with any purchase every Wednesday in March when you order through the Wendy’s app.

? Wendy’s – Free Fries Fridays

FREE any-size Hot & Crispy Fries with any purchase every Friday via app through the end of the year.

? IHOP – Ongoing Bottomless Pancakes

Through March 30: FREE bottomless buttermilk pancakes when you buy select combo meals (dine-in only; excludes Value, 55+, Kids, omelettes).

? Sonic – \$2 Large Fries Fridays

Large fries for about \$2 every Friday through March 29 when you order in the Sonic app (see “Deals” section).

? MEAL & FAMILY DEALS

? Pi Day Pizza Deals (Thu, Mar 13–Sat, Mar 15 window)

Many pizza chains run \$3.14 or 31.4%-off Pi Day promos on or around March 14; watch Domino’s, Papa Johns, Pizza Hut, and local spots for app-only offers.

? Newk’s Eatery – \$20 Family Pizza Meal (Mar 26–28)

2 pizzas + 1 salad of your choice for \$20, valid at participating locations during March Madness window.

? Tournament/Game Day Offers (select dates mid-Mar–early Apr)

Casual chains frequently offer wing bundles, burger specials, and shareables tied to NCAA games; check Buffalo Wild Wings, Wingstop, and bar-and-grill apps on game days.

? SUBSCRIPTION / DELIVERY / SIGN-UP DEALS

? Uber Eats – March Promo Codes

Ongoing March 2026: rotating promo codes like “\$15 off” minimum orders for select users; check the Uber Eats promo section for current March offers.

? Delivery Apps – March Madness Free/Discounted Delivery

Expect free or discounted delivery promos from DoorDash, Uber Eats, and Grubhub around big game days and weekends; watch banners and notifications in each app.

? QUICK REDEEM TIPS

For app offers (McDonald’s, Wendy’s, Sonic, pizza chains): open the brand app, join rewards, and check “Offers/Deals” the morning of the promo.

For IHOP’s National Pancake Day: go early, expect lines, and confirm your local store’s hours; most locations limit one free short stack per guest, dine-in only.

For tournament and Pi Day promos: most are short-window deals—verify dates, codes, and participating locations in the app or by calling ahead.

Know another nationwide March deal? Drop it below and it can be added! ?

IRLCash - March 1, 2026, 4:33 pm

Awesome post thanks for the information. I'd say that special from Wendys looks pretty good I love their fries!

kapacheeee - *March 26, 2026, 5:48 pm*
ofcourse us only :/