



# MARCH



Monday		Tuesday		Wednesday		Thursday		Friday	
<b>2</b> Navy Bean Soup Egg Salad Sandwich on Rye Lettuce and Tomato Baby Carrots Fruit Crisp 1% Milk	<b>3</b> Chili w/Beans Brown Rice Oriental Vegetables Crackers Fresh Fruit 1% Milk	<b>4</b> Roast Turkey w/Gravy and Cranberry Sauce Red Skin Mashed Potatoes Broccoli Diced Peaches 1% Milk	<b>5</b> Pulled Pork Oven Baked French Fries Cauliflower Whole Grain Roll Tangerine 1% Milk	<b>6</b> Salisbury Steak w/Gravy Baked Potato German Vegetable Blend Lemon Cake 1% Milk	<b>9</b> Chicken Noodle Soup Turkey and Cheese Sandwich Lettuce, Tomato, and Onion Pickled Beets Fig Newtons (Pears for Diets) 1% Milk	<b>10</b> Marinated Beef Tips over Noodles w/Gravy Steamed Baby Carrots Biscuit w/Margarine Frozen Strawberry Delight (Peaches for Diets) 1% Milk	<b>11</b> Baked Fish Stewed Tomatoes Harry's Famous Mac & Cheese Cornbread w/Margarine Pineapple Tidbits 1% Milk	<b>12</b> Roasted Chicken Mashed Sweet Potatoes Sautéed Greens Apple Sauce Cake w/Whipped Topping Fruit Cocktail (Diets) 1% Milk	<b>13</b> Spaghetti and Meat Sauce Tossed Salad w/Dressing Italian Blend Veggies Italian Bread w/Margarine Pear Halves 1% Milk
<b>16</b> Chicken Parmesan Spaghetti and Marinara Sauce Tossed Salad w/Dressing Steamed Vegetable Blend Diced Peaches 1% Milk	<b>17</b> Beef and Dumplings Broccoli Florets Bread w/Margarine Ice Cream/Diet Ice Cream 1% Milk	<b>18</b> Beef Barley Soup Tuna Salad Sandwich on Rye Lettuce and Tomato Spinach Salad w/Dressing Banana 1% Milk	<b>19</b> Ham and Cabbage Red Skin Mashed Potatoes Fudge Brownie Tangerine 1% Milk	<b>20</b> BBQ Chicken Brown Rice Oriental Vegetables WW Bread w/Margarine Pear Halves 1% Milk	<b>23</b> Lasagna w/Meat Steamed Baby Carrots Tossed Salad w/Dressing Italian Bread w/Margarine Fruit Cocktail 1% Milk	<b>24</b> Roast Turkey w/Gravy and Cranberry Sauce Red Skin Mashed Potatoes Bahama Vegetable Blend Diced Peaches 1% Milk	<b>25</b> Home-Style Meatloaf w/Gravy Baked Sweet Potatoes Broccoli WW Bread w/Margarine Fresh Apple or Applesauce Cup 1% Milk	<b>26</b> Lima Bean Soup Breaded Flounder Filet Parslied Potatoes Green Beans Ice Cream/Diet Ice Cream 1% Milk	<b>27</b> Chicken w/Orange Sauce Brown Rice Cauliflower Whole Wheat Bread Pineapple Tidbits 1% Milk
<b>30</b> Ham w/Raisin Sauce Mashed Sweet Potatoes Steamed Broccoli Whole Wheat Bread w/Margarine Fresh Fruit - Orange 1% Milk	<b>31</b> Hamburger Steak w/Onions and Gravy Baked Potato Steamed Baby Carrots Rye Bread w/Margarine Fruit Ambrosia/Fruit Cocktail 1% Milk			<p>Menu subject to change due to food availability. All menus meet 1/3 Recommended Dietary Reference Intake and are Heart Healthy; under 1 gram of Sodium per serving. Fish is available for Fridays during Lent per request. Please let your kitchen manager know if you have any allergies.</p>					