

MARCH 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Nutrition Facts Average Per Meal Calories 710 Total Fat 21g Cholesterol 100mg Sodium 830 mg Total Carbohydrate 94g Dietary Fiber 7 g %Daily Value* 33% 33% 34% 31% 26% Protein 34g *Daily values are based on a 2,000 calorie diet			1 Pasta & Meatballs Italian Green Beans Green Salad Italian Bread Chocolate Pudding w/Topping*	2 New England Clam Chowder Fish Nuggets Cole Slaw Dinner Roll Sliced Peaches
5 Italian Sausage w/Peppers & Onions Oven Brown Potatoes Green Beans Italian Bread Ice Cream*	6 Sweet & Sassy Chicken Breast Rice Pilaf Brussel Sprouts Whole Wheat Bread Apples & Raisins	7 Goulash Sliced Carrots Fruit Juice Italian Bread Banana Pudding w/Topping*	8 Sliced Turkey w/Gravy Sweet Potatoes Cauliflower Dinner Roll Fruit Cocktail	9 Oven Brown Fish Scalloped Potatoes Blended Vegetables Whole Wheat Bread Cookie*
12 Spanish Rice Peas Fruit Juice Corn Muffin Lemon Pudding w/Topping*	13 Chicken ala King Harvard Beets Biscuit Strawberry Fruit Cup	14 Salisbury Steak w/Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread Apricots	15 <u>Saint Patrick's Day</u> Corned Beef Parsley Boiled Potatoes Cabbage/Carrot Blend Rye Bread Leprechaun Cake w/Frosting	16 Butternut Squash Soup Egg Salad Sandwich 3 Bean Salad Cookie*
19 Swedish Meatballs over Noodles Corn Whole Wheat Bread Vanilla Pudding w/Fruit	20 Hawaiian Pork Confetti Rice Green Beans Rye Bread Mandarin Oranges	21 Pasta Fagioli Chicken Salad Sandwich Carrot Raisin Salad Whole Wheat Bread Pears	22 <u>Happy Birthday</u> Baked Sliced Ham w/Cherry and Pineapple Sauce Scalloped Potatoes Broccoli Florets w/Red Peppers Dinner Roll Birthday Cake	23 Crust-less Spinach Quiche Home Fries Biscuit Tropical Fruit Cup
26 BBQ Ribs Au Gratin Potatoes Mixed Vegetables Whole Wheat Bread Sliced Pears	27 Chicken w/Gravy Mashed Potatoes Broccoli Italian Bread Cookie*	28 Beef & Bean Burrito w/Salsa Red Beans & Rice Sliced Carrots Nacho Chips Pineapple Tidbits	29 Meatloaf w/Gravy Mashed Potatoes Red Cabbage Whole Wheat Bread Butterscotch Pudding w/Topping*	30 Macaroni & Cheese Stewed Tomatoes Fruit Juice Dinner Roll Peach Crisp