



MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Nutrition Facts Average Per Meal Calories 710 Total Fat 21g Cholesterol 100 mg Sodium 830 mg Total Carbohydrate 94g		%Daily Value* Dietary Fiber 7g 26% Protein 34g *Daily values are based on a 2,000 calorie diet		1 Beef Stew Warm Sliced Apples Black Bean & Corn Salad Biscuit <i>Banana Pudding*</i>
4 Lasagna Roll Up w/Meat sauce Caesar Salad Italian Green Beans Italian Bread <i>Ice Cream*</i>	5 Oven Brown Chicken Thigh Cheesy Mashed Potato Brussel Sprouts Whole Wheat Bread <i>Peaches*</i>	6 <u>ASH WEDNESDAY</u> Butternut Squash Soup Egg Salad Sandwich 3 Bean Salad <i>Rice Pudding w/Raisins*</i>	7 Turkey Divan Casserole w/Brown Rice Sliced. Carrots Dinner Roll <i>Apricots</i>	8 Oven Brown Fish Scalloped Potatoes Blended Vegetables Whole Wheat Bread <i>Fruit Cup*</i>
11 Spanish Rice Peas Fruit Juice Corn Muffin <i>Fruited Jell-O w/ Topping*</i>	12 Chicken Ala King Hubbard Squash Biscuit <i>Strawberry Fruit Cup*</i>	13 Salisbury Steak w/Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread <i>Cookie*</i>	14 Cream of Broccoli Soup Sl. Turkey Sandwich Pickled Beet Salad Whole Wheat Bread <i>Chocolate Pudding w/Topping*</i>	15 <u>Saint Patrick's Day</u> Corned Beef Parsley Boiled Potatoes Cabbage/Carrot Blend Rye Bread <i>Leprechaun Cake w/Frosting*</i>
18 Swedish Meatballs over Noodles Corn Whole Wheat Bread <i>Vanilla Pudding w/Fruit*</i>	19 Roast Pork w/Gravy Mashed Potatoes Spinach Rye Bread <i>Mandarin Oranges*</i>	20 Pasta Faggioli Chicken Salad Sandwich Carrot Raisin Salad Whole Wheat Bread <i>Pears*</i>	21 <u>Happy Birthday</u> Meatloaf w/Gravy Mashed Potatoes Red Cabbage Whole Wheat Bread <i>Birthday Cake*</i>	22 Crustless Spinach Quiche Home Fries Biscuit <i>Tropical Fruit Cup</i>
25 BBQ Ribs Au Gratin Potatoes Collard Greens Whole Wheat Bread <i>Cookie*</i>	26 Chicken Supreme Over Rice Winter Blend Vegetable Dinner Roll <i>Fruit Cup*</i>	27 Beef & Bean Burrito w/Salsa Red Beans & Rice Sliced Carrots Nacho Chips <i>Banana Pudding w/Topping*</i>	28 Goulash Broccoli Fruit Juice Italian Bread <i>Apple Crisp*</i>	29 Fishwich Macaroni & Cheese Stewed Tomatoes Hamburger Bun <i>Peaches*</i>