



MARCH 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sweet & Sour Meatballs Brown Rice Spinach White Bread Apricots	3 Oven Brown Chicken w/Gravy Stuffing Butternut Squash Whole Wheat Bread Chilled Pineapple	4 Oven Brown Fish Home Fries Mixed Vegetables Whole Wheat Bread Brownie*	5 Baked Ziti w/Meat sauce Italian Green Beans Italian Bread Tossed Salad w/Dressing Fruit Cup	6 Cream of Vegetable Soup Egg Salad Sandwich White Bread Pickled Beets Warm Spiced Peaches
9 Italian Sausage w/Peppers & Onions Oven Brown Potatoes Green Beans Italian Bread Ice-Cream*	10 Salisbury Steak with Gravy Mashed Potatoes, Peas Whole Wheat Bread Butterscotch Pudding w/Topping*	11 Roast Pork w/Gravy Sweet Potatoes Cauliflower Dinner Roll Strawberry & Peaches	12 Spanish Rice Broccoli Fruit Juice Corn Muffin Lemon Mousse*	13 Tuna Noodle Casserole Sliced Carrots 3 Bean Salad Whole Wheat Bread Cookie*
16 Chicken Ala King Butternut Squash Biscuit Fruit Juice Tropical Fruit*	17 <u>St. Patrick's Day</u> Corned Beef Parsley Boiled Potatoes Cabbage / Carrot Blend Rye Bread Lime Poke Cake*	18 Beef Stroganoff over Noodles Harvard Beets Dinner Roll Vanilla Pudding w/ Fruit	19 Pasta Fagioli Turkey Salad Sandwich Carrot Raisin Salad Whole Wheat Bread Warm Cranberry/Apples	20 Fish Sandwich Tater Tots Cole Slaw Hamburger Bun Cinnamon Pears
23 Boneless Pork Chop w/Fiesta Sauce Oven Brown Potatoes Brussel Sprouts White Bread Cinnamon Applesauce	24 Oriental Chicken Over Brown Rice Oriental Vegetable Whole Wheat Bread Mandarin Oranges	25 Lasagna Roll up w/Meat Sauce Italian Blend Vegetables Italian Bread Cookie*	26 Meatloaf w/Gravy Mashed Potatoes Zucchini & Tomatoes Whole Wheat Bread Tapioca Pudding w/Topping*	27 <u>Happy Birthday</u> Cream of Broccoli Soup Seafood Salad Warm Apples Dinner Roll Birthday Cake*
30 BBQ Ribs Cowboy Beans Whole Kernel Corn Corn Muffin Fruit Cup	31 Mushroom Stew Seasoned Noodles Sliced Carrots Italian Bread Chocolate Pudding w/Topping*	Nutrition Facts Average Per Meal Calories 710 Total Fat 21g 33% Cholesterol 100 mg 33% Sodium 830 mg 34% Total Carbohydrate 94g 31% Dietary Fiber 7g 26% %Daily Value* Dietary Fiber 7g 26% Protein 34g *Daily values are based on a 2,000 calorie diet		