



# MARCH 2019



				<b>FRIDAY 1*</b>
L F Milk Served w/Each Meal Can Fruit in Light Syrup WW= Whole Wheat GC=Green Chili RC=Red Chili HM = Honey Mustard	<b>Senior Meal Suggested Donation</b> <b>Lunch \$2.00</b> <b>Under 60 years \$6.00</b> <b>Menu Subject to Change</b> <b>Lunch Served From:</b> <b>11:30am - 12:30pm</b>			<b>Spaghetti and Meatballs</b> Steamed Italian Veggies 3 Bean Salad Garlic Breadstick Fresh Apple Slices
<b>MONDAY 4*</b>	<b>TUESDAY 5*</b>	<b>WEDNESDAY 6*</b>	<b>THURSDAY 7*</b>	<b>FRIDAY 8</b>
<b>Beef Stroganoff over Fettucine</b> Steamed Glazed Carrots Garden Salad w/LF Dressing Garlic Toast Chilled Peaches	<b>Breakfast for Lunch</b> <b>Sausage Egg and Cheese Biscuit</b> w/Green Chili Gravy Breakfast Potatoes Grilled Spinach/Onions Orange Juice	<b>Bean and Cheese Burrito</b> Spanish Rice Steamed Chuckwagon Corn Garden Salad w/LF Dressing Fresh Banana Oatmeal Cookie	<b>Pineapple Glazed Pork Chop</b> Baked Baby Yams Steamed Green Beans Garden Salad w/LF Dressing Biscuit w/Margarine Chilled Applesauce	<b>Lemon Pepper Tilapia</b> Rice Pilaf Broccoli Rabe Coleslaw WW Roll w/Margarine Chilled Fruit Cocktail.
<b>MONDAY 11*</b>	<b>TUESDAY 12*</b>	<b>WEDNESDAY 13*</b>	<b>THURSDAY 14*</b>	<b>FRIDAY 15</b>
<b>Country Fried Steak w/Gravy</b> Mashed Potatoes Steamed Mixed Veggies Garden Salad w/LF Dressing Biscuit w/Margarine Chilled Apricots	<b>Sweet and Sour Pork</b> Asian Noodles Steamed Broccoli/Cauliflower Spinach Salad w/LF Dressing Sweet Roll w/Margarine Fresh Orange	<b>Sante Fe Chicken</b> Refried Beans w/Cheese Steamed Green Beans Garden Salad w/LF Dressing Cornbread w/Honey Chilled Pears	<b>Corned Beef and Cabbage</b> Boiled Potatoes Garden Salad w/LF Dressing Soda Bread w/Margarine Fruited Jello	<b>Fried Rice with Egg,Gr. Onion</b> <b>Bean Sprouts,Carrots,Peas</b> Steamed Green Beans Asian Slaw Baked Apples Fortune Cookie
<b>MONDAY 18</b>	<b>TUESDAY 19</b>	<b>WEDNESDAY 20*</b>	<b>THURSDAY 21*</b>	<b>FRIDAY 22</b>
<b>Chicken Caesar Wrap</b> w/Shredded Romaine & Parmesan Broccoli and Grape Salad Pasta Salad Chilled Mandarin Oranges Peanut Butter Cookie	<b>Frito Pie</b> Pinto Beans Steamed Zucchini & Onions Shredded Lettuce/Tomato Flour Tortilla Chilled Peaches	<b>Chicken w/Cream Gravy</b> Steamed Rice Steamed Winter Blend Vegetables Garden Salad w/LF Dressing WW Roll w/Margarine Fresh Banana	<b>Meatloaf</b> Mashed Potatoes & Gravy Steamed Mixed Veggies Garden Salad w/LF Dressing WW Roll w/Margarine Chilled Applesauce	<b>Baked Salmon w/Lemon Butter</b> Quinoa and Rice Steamed Cauliflower Kaleslaw Garlic Breadstick Fresh Apple
<b>MONDAY 25</b>	<b>TUESDAY 26*</b>	<b>WEDNESDAY 27</b>	<b>THURSDAY 28*</b>	<b>FRIDAY 29*</b>
<b>Meatball Sandwich</b> Pasta w/Marinara Sauce Steamed Green Beans Garden Salad w/ Kale & LF Dressing Chilled Pineapple Tidbits	<b>Orange Glazed Chicken</b> Steamed Brown Rice Steamed Italian Veggies Garden Salad w/LF Dressing WW Roll w/Margarine Fresh Banana	<b>Chef's Salad w/Turkey, Ham, Tomato, Cheese &amp; Egg</b> Croutons Club Crackers Chilled Peaches Vanilla Pudding	<b>Beef Pot Pie w/Mixed Veggies</b> Steamed Broccoli Garden Salad w/LF Dressing Biscuit w/Margarine Chilled Fruit Cocktail	<b>Chili Beans w/Cheese</b> Steamed Chuckwagon Corn Garden Salad w/LF Dressing Cornbread w/Honey& Margarine Fresh Orange
Final Approved				