



March 2024

Spring

*All Meals are served with
1% Milk
&
Whole Wheat Bread/Rolls*



*1
Beef Chop Suey
Green Beans w/ Peppers
Cauliflower
WW Garlic Bread
Snack: Pears*

*4
Chicken w/ Tomato, Mush-
room & Onion Gravy
Mashed Potato
Green Beans
Whole Wheat Bread
Snack: Tropical Fruit*

*5
Beef Burrito
Spinach
Mixed Vegetables
Whole Wheat Roll
Snack: Pears*

*6
Beef Lasagna
Broccoli
Three Bean Salad
WW Garlic Bread
Snack: Peaches*

*7
Chef Salad
Beet Salad
Black Beans & Corn
Whole Wheat Roll
Snack: Apple*

*8
Stuffed Tilapia
Boiled Potatoes
Asparagus
Whole Wheat Bread
Snack: Orange*

*11
BBQ Pulled Pork
Baked Beans
Cole Slaw w/ Carrots
Whole Wheat Roll
Snack: Banana*

*12
Meatloaf w/ Gravy
Garlic Mashed Potato
Broccoli in Cheese Sauce
Whole Wheat Bread
Snack: Tropical Fruit*

*13
Sesame Chicken
Oriental Vegetables
Spinach
Whole Wheat Bread
Snack: Pineapple*

*14
Ham Mac & Cheese
Roasted Tomatoes
Garlic Carrots
Whole Wheat Roll
Snack: Peaches*

*15
Corned Beef & Cabbage
Boiled Potato
Carrots
Whole Wheat Roll
Snack: Apple Sauce*



*18
Chicken Parm
Onions & Peppers
Corn w/ Chives
WW Garlic Bread
Snack: Apple Slices*

*19
Hamburger w/ Mushroom &
Melted Cheese
Mixed Beans
Brussel Sprouts
Whole Wheat Bread
Snack: Mandarin Oranges*

Spring

*20
Chef Salad
Cucumber Salad
Carrot Salad
Whole Wheat Roll
Snack: Orange*

*21
Salisbury Steak w/ Onion, Pep-
pers & Gravy
Garlic Mashed Potatoes
Peas
Whole Wheat Roll
Snack: Tropical Fruit*

*22
Chicken & Broccoli Alfredo
Cauliflower
Brussel Sprouts
Whole Wheat Bread
Snack: Peaches*

*25
Shepherd's Pie
Summer Squash
Peas & Carrots
Whole Wheat Roll
Snack: Apple Sauce*

*26
Spaghetti w/ Meatballs
Green Beans
Cauliflower
WW Garlic Bread
Snack: Tropical Fruit*

*27
Corned Beef w/ Sourcroust &
Cheese Sauce
Boiled Potatoes
Mixed Vegetables
Whole Wheat Bread
Snack: Mandarin Oranges*

*28
Turkey Meatloaf w/ Gravy
Garlic Mashed Potatoes
Zucchini
Whole Wheat Roll
Snack: Blueberries*

*29
Chef Salad
Broccoli Salad
Tomato Basil Salad
Whole Wheat Roll
Snack: Apple*