

March 2021 Monday	Tuesday	Wednesday	Thursday	Friday
1) Apple Glazed Pork w/zucchini, potatoes, applesauce & corn bread Cal: 619; Sod: 602; Carb:75	2) Chicken Pot Pie w/potatoes, pineapple & whole wheat bread Cal: 671; Sod: 869; Carb:88	3) Hot Dog w/ mustard, relish, baked beans, carrots, mandarin oranges & hot dog roll Cal: 781; Sod: 1352; Carb: 98	4) Turkey w/gravy, green beans, sweet potatoes, coconut cake & oatmeal bread Cal: 865; Sod: 1072; Carb: 125	5) Broccoli & Cheese Egg Bake potatoes, carrots, yogurt, juice & rye bread Cal: 963; Sod:1098; Carb:116
8) Pot Roast w/gravy, potatoes, veggie blend, chilled fruit & roll Cal: 594; Sod: 636; Carb: 78	9) Meatballs w/ marinara, sweet potato wedges, broccoli, fresh fruit, whole wheat roll Cal: 775; Sod: 1033; Carb:108	10) Chicken w/ winter veggies, rice, yogurt, juice & snack n loaf Cal: 911; Sod: 926; Carb:122	11) St. Patty's Special: Corned beef w/ cabbage, carrot & turnip, potatoes, mint bar & marble rye Cal: 882; Sod: 1509 Carb: 106	12) Egg Salad Plate w/chickpea salad, tomato salad, pears & whole wheat pita bread Cal: 600; Sod: 809; Carb: 70
15) Honey Pork w/ sweet potato, brussel sprouts, applesauce & whole wheat bread Cal: 604; Sod: 767 Carb: 78	16) Chicken Diane w/potatoes, broccoli, vanilla pudding & oatmeal bread Cal: 679; Sod: 1028; Carb: N/A	17 American Chop Suey w/spinach, peaches, & white bread Cal: 706; Sod: 666; Carb: 89	18) Stuffed Pepper w/tomato sauce, potatoes, marble cake & whole wheat roll Cal: 860; Sod: 919; Carb:91	19) Salmon w/ tzatziki sauce, orzo, peas, fresh pear & snack n loaf Cal: 682; Sod: 512; Carb:97
22) Chicken Piccata w/pasta, spinach, chilled fruit & whole wheat roll Cal: 719; Sod: 767; Carb:97	23) Salisbury Steak w/potatoes, green beans, brownie & roll Cal: 777; Sod: 1110; Carb: 37	24) Balsamic Chicken w/rice pilaf, broccoli, chilled fruit & whole wheat bread Cal: 512; Sod: 755; Carb: 64	25) Ribecue w/ cauliflower, sweet potatoes, banana & whole wheat roll Cal: 803; Sod: 982; Carb: 110	26) Tomato, Onion & Cheddar Omelet w/potatoes, baked apples, yogurt, juice & snack n loaf Cal: 980; Sod: 1048; Carb:37
29) Sweet & Sour Meatballs w/fried rice, asian veggies, pineapple & oatmeal bread Cal: 701; Sod: 834; Carb: 104	30) Cheese Lasagna w/marinara, cauliflower, pears & Vienna bread Cal: 566; Sod: 881; Carb: 71	31) Chicken Marsala w/broccoli, rice, Jell-O & whole wheat roll Cal: 756; Sod: 1098; Carb: 107		