

March 2020

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Stroganoff Whole Kernel Corn Brussels Sprouts Wheat Bread Applesauce	3 Honey Baked Chicken Cheesy Whipped Potatoes Green Beans Wheat Roll Mixed Fruit	4 Sausage/White Beans Glazed Carrots Turnip Greens Cornbread Fresh Fruit	5 Hamburger Patty Baked Beans Lettuce/Tomato Hamburger Bun Mixed Fruit Cobbler	6 Cheese Omelet Grits Spinach Biscuit Fresh Fruit
9 Chicken Tetrizzini Green Peas Parslied Carrots Wheat Roll Mixed Fruit	10 Beef w/ Onion Gravy Whipped Potatoes Cabbage Wheat Bread Applesauce	11 Lemon Pepper Fish Grits California Vegetables Dinner Roll Fresh Fruit	12 Chicken Salad Garbanzo Bean Salad Lettuce/Tomato Pita Bread Fresh Banana	13 Beef Chili Mac Whole Kernel Corn Green Beans Cornbread Fresh Fruit
16 Cheesy Beef Casserole Glazed Carrots Brussels Sprouts Wheat Bread Tropical Fruit	17 Shepherd's Pie Cabbage Parmesan Tomatoes Dinner Roll Lime Gelatin 	18 Sausage Baked Beans Coleslaw Hot Dog Bun Apple Crisp	19 Creole Steak Delmonico Potatoes Mustard Greens Wheat Bread Fresh Fruit	20 Chicken Rice Casserole Green Peas Garden Vegetables Wheat Bread Fresh Fruit
23 Mushroom Chicken Whipped Potatoes Broccoli Wheat Bread Pineapple Tidbits	24 Meatballs w/ Gravy Buttered Rice Green Beans Wheat Roll Fresh Fruit	25 Spaghetti Casserole Succotash Tossed Salad Wheat Bread Hot Cinnamon Apples	26 Tuna Mac Salad Carrot/Raisin Salad Kidney Bean Salad Fresh Banana Saltines	27 Annual Fish-A-Thon @ Hanna Park 
30 Chicken Noodle Casserole Glazed Carrots Brussels Sprouts Wheat Bread Pineapple Tidbits	31 Meatballs w/ Gravy Delmonico Potatoes Garden Veggies Wheat Roll Fresh Fruit	March Is National Nutrition Month		Low Fat Milk Available With Each Meal

Menu Approved by: Registered Dietitian Dana Gardner and may be subject to change.

Dana Gardner, MS, RD 2/12/2020