

SERVING SIZES

Grains – 2 ounces
 Vegetables – ½ cup
 Fruits – ½ cup
 Protein – 3 ounces
 Dairy – 1 cup

March 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p>	<p>1 Tomato soup Pub burger w/ cheese Sliced roasted potatoes Cole slaw Whole Wheat roll Fruit Chicken salad on rye</p>	<p>2 Chicken soup Meatloaf w/ gravy Mashed potato Peas & carrots Snowflake roll Chocolate cookie Romaine salad w/chicken</p>	<p>3 Kale & bean soup Baked fish w/ lemon butter Rice pilaf Baby carrots Sliced ww bread Fruit Chef salad</p>
<p>6 Minestrone soup Shepard's pie Mashed potato Mixed vegetable Multi grain roll Pudding Spinach salad w/ chicken</p>	<p>7 Tomato Soup French onion baked chicken Green beans Rice pilaf Fruit Sliced multi grain bread Salami, ham & cheese / wheat roll</p>	<p>8 Mushroom barley soup American chop suey Zucchini w baby carrots Ww roll Oatmeal raisin cookie Turkey club</p>	<p>9 Vegetable soup Chicken parm Potatoes wedges Mixed vegetables - roll Cake Antipasto salad</p>	<p>10 Clam chowder (red) Baked fish Italiano w /sauteed vegetables Rice pilaf Sliced bread- Fruit Cobb salad</p>
<p>13 Tomato soup BBQ chicken sandwich Cole slaw Pasta salad Roll (whole wheat) Chocolate chip cookie Chef salad</p>	<p>14 Navy bean soup Stuffed shell w/meatball Garlic bread Italian mixed vegetables Mixed fruit Chicken sandwich on wheat roll</p>	<p>15 Chicken and escarole soup Sloppy joe Potato salad 3- bean salad Whole Wheat roll - cookie Turkey & Swiss/whole wheat</p>	<p>16 Spilt pea soup Corned beef Cabbage & carrots Boiled potatoes Irish soda bread Apple strudel cake Ham & cheese on wheat\</p>	<p>17 Kale & bean soup Baked cod provencal Spanish rice Peas & onions Fruit salad Tuna salad plate</p>
<p>20 Beef Barley soup Chicken leg quarter Creamed spinach Sweet potato Roll Brownie Cobb salad</p>	<p>21 Lentil soup Braised beef Sliced carrots Mashed potatoes Roll Pudding Egg salad on multi grain roll</p>	<p>22 Tomato soup Swedish meatballs Rice pilaf Zucchini & carrots Fresh fruit/ Muti grain bread Seafood salad plate</p>	<p>23 Minestrone Soup BBQ pulled pork Sandwich Cole slaw Baked beans Whole Wheat Roll Oatmeal cookie Meatball sandwich</p>	<p>24 Clam chowder (white) Fish cake Spanish rice Mixed vegetables Sliced bread Fruit Chicken salad plate</p>
<p>27 Potato leek soup Chicken cacciatore Black beans & rice Fruit - Whole Wheat roll Chicken sandwich on ww roll</p>	<p>28 Southern Brunswick stew Cole slaw Corn bread Mixed fruit Seafood salad on wheat roll</p>	<p>29 Mushroom barley soup Lasagna roll w/ meat sauce Italian green beans Garlic bread Pound cake Turkey & Swiss on rye</p>	<p>30 Chicken soup Salisbury steak w/gravy Mashed potatoes Baby carrots Ww roll - fruit Egg salad plate</p>	<p>31 Tomato soup Mediterranean baked fish Rice pilaf/ green beans Ww roll- Cookie Cobb salad</p>

