



MARCH

Nutrition Program Menu



National
Nutrition Month

Mon

Tue

Wed

Thu

Fri

<p>1 Chicken 3oz Ranch Pita w/ Lettuce and Tomato Mixed Bean Soup 1/2 cup Creamy Cole Slaw 1/2 cup Mixed Fruit Salad 1/2 cup 2 % Milk</p>	<p>2 Meat Burrito 3 oz w/ Lettuce/Tomato/Salsa/ Sour Cream Black Beans 1/2 cup Banana 2 % Milk</p>	<p>3 Lean Smoked Ham 3 oz Winter Blend Veggies 1/2 cup Baked Potato/Sour Cream Wheat Roll 2 oz / Oleo Fruited Jello/Whipped Topping 1/2 cup 2 % Milk</p>	<p>4 Breaded Chicken Breast 3 oz Whole Wheat Bun 2 oz Lettuce/Tomato/Mayo Potato Wedges 1/2 cup 3-Bean Salad 1/2 cup Fresh Orange / 2 % Milk</p>	<p>5 Roasted Turkey 3 oz W/Gravy 1 oz Garlic Smashed Red Potatoes 1/2 cup Broccoli Spears 1/2 cup Pumpkin Pie 2 % Milk</p>
<p>8 Cheeseburger 3 oz Whole Wheat Bun 2 oz Lettuce/Tomato Baked Beans 1/2 cup Creamy Cole Slaw 1/2 cup Apricots 1/2 cup / Skim Milk</p>	<p>9 Fried Chicken Breast 3 oz Smashed Sweet Potatoes 1/2 cup Green Beans W/Onion 1/2 cup Wheat Roll 2 oz / Oleo Tropical Fruit Salad 1/2 cup 2 % Milk</p>	<p>10 Pinto Beans W/Ham 1 cup Seasoned Collards 1/2 cup Rice Pilaf 1/2 cup Mixed Veggie Salad 1/2 cup Fruited Yogurt 2 % Milk</p>	<p>11 Roast Beef 3 oz W/Gravy 1 oz Cheesy Cauliflower 1/2 cup Peas and Carrots 1/2 cup Wheat Roll 2 oz / Oleo Vanilla Ice Cream 1/2 cup 2 % Milk</p>	<p>12 Chicken Mole' 3 oz W/1 TBSP Chocolate Sauce Maui Vegetable Blend 1 cup Spinach Salad W/Dressing 1 cup Multi Grain Roll 1 Fruit Crisp 1 Serving / 2 % Milk</p>
<p>15 Chicken Noodle Casserole 1 cup W/ 1/2 cup Veggies Blackeye Peas 1/2 cup Mixed Spinach Salad 1 C W/Ital Drs Tropical Fruit Salad 1/2 cup Brownie / 2 % Milk</p>	<p>16 Spaghetti 1/2 cup W/Meat Sauce 3 oz Zucchini & Squash 1/2 cup Caesar Salad 1 cup Wheat Roll 2 oz / Oleo Sliced Honeydew 1/2 cup Skim Milk</p>	<p>17 Fried Fish 3 oz /Wheat Bun 2 oz Tartar Sauce Brussels Sprouts 1/2 cup Creamy Cole Slaw 1/2 cup Peach Slices 1/2 cup Skim Milk</p>	<p>18 Swiss Steak 3 oz W/Red & Green Peppers 1/2 cup Baked Beans 1/2 cup Mixed Veg. 1/2 cup/Wheat Roll 2 oz /Oleo / Butterscotch Pudding 1/2 cup / 2 % Milk</p>	<p>19 Grilled Chicken Breast 3 oz Wheat Bun 2 oz /Lettuce/Tomato Baked French Fries 1/2 cup Carrot Raisin Salad 1/2 cup Mandarin Oranges 1/2 cup 2 % Milk</p>
<p>22 Baked Ziti 3 oz Capri Blend Veggies 1/2 cup Mixed Veggie Salad 1/2 cup Italian Dressing Pineapple Rings 1/2 cup 2 % Milk</p>	<p>23 Pork Cutlet 3 oz W/Cran- Orange Relish / Baked Sweet Potato W/Oleo / Cut Broccoli 1/2 cup / Kidney Bean Salad 1/2 cup / Vanilla Pudding 1/2 cup / 2 % Milk</p>	<p>24 Chicken 3 oz Broccoli Stir-Fry Brown Rice 1/2 cup Chinese Pea Pods 1/2 cup Oatmeal Raisin Cookie 2 Mandarin Oranges 1/2 cup 2 % Milk</p>	<p>25 BBQ Shredded Pork 3 oz Wheat Bun 2 oz Great Northern Beans 1/2 cup Cheesy Cauliflower 1/2 cup Apricots 1/2 cup 2 % Milk</p>	<p>26 Manhattan Sandwich Roast Beef 3 oz Bread Slice w/Smashed Potato 1/2 c Gravy 1 oz /Green String Beans 1/2 c Carrot Raisin Salad 1/2 cup Fresh Honeydew 1/2 cup Skim Milk</p>
<p>29 Chicken 3 oz Ranch Pita W/ Lettuce and Tomato Mixed Bean Soup 1/2 cup Creamy Cole Slaw 1/2 cup Mixed Fruit Salad 1/2 cup 2 % Milk</p>	<p>30 Meat Burrito 3 oz Lettuce/Tomato/Salsa/ Sour Cream Black Beans 1/2 cup Banana 2 % Milk</p>	<p>31 Lean Smoked Ham 3 oz Winter Blend Veggies 1/2 c Baked Potato/Sour Cream Wheat Roll 2 oz/Oleo / Fruited Jello/Whipped Topping 1/2 c 2 % Milk</p>	<p> 12th Nutrition Awareness Day</p> <p> 14th Daylight Saving Time begins Turn your clocks forward</p>	<p> 20th First Day of Spring</p> <p>28th Palm Sunday</p>