



# March Menu, 2024



1% or Skim milk provided  
Margarine available

LS-Low Sodium

**MENU ITEMS SUBJECT TO CHANGE**

**SUGGESTED DONATION \$3.00**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>March is National Nutrition Month,</b> The Academy of Nutrition and Dietetics urges everyone to "Go Beyond the Table." The Focus of the month is to encourage individuals to be mindful about the impact daily nutrition choices can have on a personal well-being and the environment - both now and in the future.			1 Tossed Salad Potato Pollock Confetti Rice Broccoli Tartar Sauce French Dressing  Oatmeal Bread  Pudding
4 Breaded Chicken Patty Sweet and Sour Sauce Sweet Potatoes California Blend Veggies  White Bread  Oreos	5	6 Beef Burgundy Butternut Squash with Cinnamon Kale and Spinach  Wheat Roll  Yogurt	7	8 Veggie Chili with Shredded Cheese Brown Rice Cauliflower  Cornbread  Applesauce
11 Penne and Meatballs with Spaghetti Sauce Italian Blend Veggies  Garlic Bread  Spiced Pears	12	13 <b>St. Patrick's Day</b> Grape Juice Corned Beef Cabbage and Carrots Boiled Potatoes Mustard Rye Bread St. Patrick's Poke Cake	14	15 Minestrone Soup Unsalted Crackers Crab Cakes Brown Rice Pilaf California Blend Veggies  Whole Wheat Bread  Clementine
18 Apple Juice Salisbury Steak LS Gravy Egg Noodles Spinach  Multigrain Bread  Peaches	19	20 Southern Chicken Stew Meadow Blend Veggies  Biscuit  Banana	21	22 Romaine Salad Stuffed Salmon with Dill Sauce Rice Florentine Peas and Carrots Ranch Dressing Oatnut Bread  Fresh Orange
25 Chicken Parmesan Shells and Tomato Sauce Broccoli  Garlic Bread  Peaches	26	27 <b>Easter Special</b> Apple Juice LS Sliced Ham with Pineapple Cherry Sauce Loaded Potatoes Peas and Pearl Onions  Rudi Roll Easter Poke Cake with Whipped Topping	28	29 <b>Good Friday</b> <b>Closed</b> 

**FOOD ALLERGY WARNING:** Please be advised that our food may have come in contact or may contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption of meals. Thank you!