



March Lunch Menu 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken and Dumplings Seasonal Vegetable Warm Winter Fruit Salad Whole Wheat Roll	2 Roast Turkey w/ Gravy Herbed Bread Stuffing Brussels Sprouts Pineapple Tidbits Whole Wheat Roll	3 Maple Glazed Pork Loin Butternut Squash with Pears Roasted Cauliflower Whole Wheat Roll (2)
6 Balsamic Chicken Red Potatoes Asparagus, Mushrooms & Carrots Whole Wheat Roll (2)	7 Egg, Swiss & Turkey Sausage Casserole Braised Red Cabbage Oven Fried Potatoes Whole Wheat Roll (2)	8 Creamy Salmon Alfredo Seasoned Greens Parsley Buttered Carrots Whole Wheat Roll	9 BBQ Pulled Pork Seasoned Green Beans Sweet Potato Pudding Whole Wheat Roll (2)	10 Italian Pot Roast w/ Gravy Steamed Corn Seasoned Beets Whole Wheat Roll Apricot Cinnamon Muffin
13 Mac and Cheese Stewed Tomatoes Seasoned Broccoli Whole Wheat Roll	14 Baked Breaded Chicken Roasted Root Vegetables Seasonal Vegetable Whole Wheat Roll Pumpkin Bread	15 Roast Turkey w/ Gravy Mediterranean Beans Cranberry Glazed Carrots Whole Wheat Roll (2)	16 Pot Roast w/ Gravy Brussels Sprouts Risotto Seasonal Vegetable Fruit Cocktail Whole Wheat Roll	17 Greek Style Fish Lemon Feta Roasted Potatoes Seasoned Greens Pear Crumble Whole Wheat Roll (2)
20 Chicken Pot Pie Turnips and Greens Sliced Peaches Whole Wheat Roll	21 Pork w/ Apples and Cranberries Baked Sweet Potato California Blend Vegetables Whole Wheat Roll (2)	22 Beef, Rice and Mushroom Casserole Italian Mixed Vegetables Seasoned Beets Whole Wheat Roll	23 Baked Fish w/ Lemon Butter Brussels Sprouts Risotto Seasonal Vegetable Applesauce Whole Wheat Roll	24 Turkey Chili Brown Rice Wax Beans Mandarin Oranges Whole Wheat Roll
27 Old Fashioned Meatloaf w/ Gravy Mashed Acorn Squash Seasoned Broccoli Whole Wheat Roll (2)	28 Baked Fish Piccata Rice and Mushrooms Sauted Spinach w/ Olive Oil Fruit Cocktail Whole Wheat Roll	29 Chicken and Dumplings Seasonal Vegetable Warm Winter Fruit Salad Whole Wheat Roll	30 Roast Turkey w/ Gravy Herbed Bread Stuffing Brussels Sprouts Pineapple Tidbits Whole Wheat Roll	31 Maple Glazed Pork Loin Butternut Squash with Pears Roasted Cauliflower Whole Wheat Roll (2)

1% Milk Daily

Meals include non-fat dry milk, 100% fruit juice or fortified beverage packet. 1 pat Promise Spread. Menu is subject to change. Non-Discrimination Statement: In accordance with federal civil rights law and US Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies Offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.