



March 2023 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Grilled Pollock Whole Grain Fettucini Alfredo Broccoli Italian Blend zucchini Mandarin Orange Milk	2 Salisbury Steak and Country Gravy Whole Grain Biscuit with Butter Roasted Cauliflower Garlic Mashed Potatoes Fresh Pineapple Milk	3 Vegetarian Lentil Soup Whole Grain Triscuit Cracker Cinnamon Glazed Carrots Steamed Spinach Tropical Fruit Salad Milk
6 Chili con Carne Whole Grain Corn Muffin with Butter Mixed Greens Salad with Ranch Hot Fruit Compote Milk	7 Honey Lime Chicken Whole Grain Pita Curried Vegetable Couscous Brussel Sprouts Cinnamon Baked Apple Milk	8 Center Closed for Field Trip 	9 Chicken Noodle Soup Whole Grain Wheat Roll with Butter Black Eyed Peas Butternut Squash Orange Wedges Milk	10 Breaded Fish Filet Whole Grain Bun Steamed Kale Pimento Corn Clementine Milk
13 Chicken and Dumplings Dumplings Whole Grain Roll with Butter Peas and Carrots Pumpkin Pineapple Milk	14 Sweet and Spicy Beef "Stir-fry" Whole Grain Rice Broccoli Mandarin Oranges Milk	15 Oven Fried Chicken Whole Grain Roll with Butter Green Beans Tossed Salad with Ranch Peach Cobbler Milk	16 Beef Stroganoff Whole Grain Egg Noodles Diced Sweet Potatoes Brussels Sprouts Grapes Milk	17 Minestrone Soup Cheesey Whole Grain Rice and Beans Whole Grain Ritz Crackers Acorn Squash Fresh Fruit Salad Milk
20 Beef Pho with Rice Whole Grain Roll w/ Butter Zucchini Green Beans Orange in Wedges Milk	21 Slice Turkey and Gravy Stuffing Whole Grain Roll with Butter Broccoli and Cauliflower Pimento Corn Baked Cinnamon Apple/Applesauce Milk	22 Vegetarian Lasagna Garlic Bread Italian Blend Lima Beans Tropical Fruit Salad Milk	23 Oven Fried Chicken Legs Whole Grain Corn Muffin with Butter Steamed Collards Creole Style Black Eyed Peas Cherry Cobbler Milk	24 Breaded Fish Filet Macaroni and Cheese Cucumber Salad Stewed Tomatoes Grapes Milk
27 Arroz con Pollo Whole Grain Rice Whole Grain Roll with butter Black Beans Pears Milk	28 Stuffed Pepper Whole Grain Biscuit with Butter Winter Squash Peaches Milk	29 Center Closed for Field Trip 	30 Salisbury Steak and Country Gravy Whole Grain Biscuit with Butter Roasted Cauliflower Garlic Mashed Potatoes Fresh Pineapple Milk	31 Broccoli Cheddar with Chicken Whole Grain Triscuit type Cracker Cinnamon Glazed Carrots Steamed Spinach Tropical Fruit Salad Milk