

Lunch Served Daily At 12pm  
 Monday – Friday  
 Menu changes may occur without  
 prior notice.

# March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1 <u>Taco Salad w/Mixed Greens</u></b> 2 oz. Spiced Ground Beef Baked Corn Tortilla Chips 4 oz. Black Bean Corn Relish 1 oz. Cheese/Lt. Sour Cream Fresh Banana Milk/Milk Substitute
<b>4 <u>4 oz. Salmon Croquette</u></b> 4 oz. Cheesy Grits 4 oz. Okra & Tomatoes 4 oz. Sliced Peaches Milk/Milk Substitute	<b>5 <u>8 oz. Italian Pasta Casserole w/Beef and Cheese</u></b> Tossed Mixed Green/Spinach Salad 4 oz. English Peas 1 oz. Lite Italian Salad Dressing 4 oz. Mandarin Oranges Milk/Milk Substitute	<b>6 <u>10 oz. Vegetable Soup</u></b> 2 oz. Peanut Butter/Jelly Sandwich on Whole Wheat Fresh Banana 1 pkg. Vanilla Wafers Milk/Milk Substitute	<b>7 <u>¼ lb. Beef Hamburger on Bun</u></b> Lettuce, Tomato, & Onion 4 oz. Sweet Potato Fries 4 oz. Baked Beans ½ cup Pineapple Tidbits Milk/Milk Substitute	<b>8 <u>3 oz. BBQ Chicken Thigh</u></b> 4 oz. Turnip Greens 4 oz. Black Eyed Peas Cornbread Muffin/Margarine 4 oz. Sliced Pears Milk/Milk Substitute
<b>11 <u>6 oz. Chicken Salad</u></b> w/Celery and Walnuts Whole Wheat Bun Tossed Salad w/Lite Dressing Banana/1 pkg. Vanilla Wafers Milk/Milk Substitute	<b>12 <u>4 oz. Smothered Chicken Thighs w/Creamed Spinach, Bacon &amp; Mushrooms</u></b> 4 oz. Brown Rice 4 oz. Steamed California Vegetables 4 oz. Sliced Peaches Milk/Milk Substitute	<b>13 <u>3 oz. Beef Hot Dog</u></b> Whole Wheat Bun 4 oz. Baked Sweet Potato Fries 4 oz. Cole Slaw 4 oz. Pineapple Tidbits Milk/Milk Substitute	<b>14 <u>3 oz. Lemon Pepper Chicken</u></b> 4 oz. Mixed Steamed Veggies. 4 oz. Spinach Banana 1 pkg. Graham Crackers Milk/Milk Substitute	<b>15 <u>St. Patrick's Day Meal</u></b> <b>8 oz. Beef Stew</b> w/Carrots & Potatoes 4 oz. Broccoli 2 oz. Dinner Roll/Margarine Apple Cobbler/Ice Cream Milk/Milk Substitute
<b>18 <u>8 oz. Beef Chili</u></b> 4 oz. Brown Rice 4 oz. Steamed Northern Veggies. 4 oz. Sliced Peaches Milk/Milk Substitute	<b>19 <u>Mixed Green Cobb Salad w/Tomato, Cabbage, &amp; Carrots</u></b> 2 oz. L/S Ham & Turkey/½ Boiled Egg 1 oz. Lite Salad Dressing 2 pkgs. Whole Wheat Crackers 4 oz. Pineapple Tidbits Milk/Milk Substitute	<b>20 <u>3 oz. Pulled Pork Sandwich</u></b> Whole Wheat Bun 4 oz. Marinated Broccoli Salad 4 oz. Baked Beans Fresh Banana Milk/Milk Substitute	<b>21 <u>3 oz. Marinated Beef Stir Fry</u></b> 6 oz. Mixed Asian Vegetables 4 oz. Brown Rice 4 oz. Mandarin Oranges 1 pkg. Vanilla Wafers Milk/Milk Substitute	<b>22 <u>6 oz. Pinto Beans w/Ham</u></b> 4 oz. Collard Greens 1 Cornbread Muffin/Margarine 4 oz. Mixed Fruit Salad Milk/Milk Substitute
<b>25 <u>6 oz. Macaroni &amp; Cheese</u></b> 4 oz. Turnip Greens 4 oz. Black Eye Peas 4 oz. Warm Spiced Apples Milk/Milk Substitute	<b>26 <u>3 oz. Baked Fish Sandwich</u></b> Whole Wheat Bun 4 oz. Seasoned Steak Fries 4 oz. Coleslaw 4 oz. Greek Yogurt Parfait w/Mixed Berries and Granola	<b>27 <u>4oz. Baked Chicken Fingers</u></b> 4 oz. Marinated Three Bean Salad 4 oz. Steamed California Veggies. 4 oz. Sliced Peaches 1 pkg. Vanilla Wafers Milk/Milk Substitute	<b>28 <u>10oz. Italian White Bean Soup</u></b> Garlic Bread 4 oz. Spinach/Mixed Green Salad w/Light Dressing 4 oz. Sweetened Strawberries Sliced S/F Angel Food Cake Milk/Milk Substitute	<b>29 <u>4 oz. Chicken Enchiladas</u></b> Shredded Lettuce Chopped Tomato 4 oz. Spanish Rice 4 oz. F/Free Refried Beans Topped with a little cheese Banana Milk/Milk Substitute