

March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 Melon, melba toast, cream cheese</p> <p>Roasted chicken, pasta, corn, beans, milk</p> <p>Cheese, Triscuits Clementines</p>	<p>5 Raisin toast, plums</p> <p>Veggie and cheese quiche, rice, Cooked Carrots, milk</p> <p>Yogurt, Granola & Berries</p>	<p>6 Cheerios, milk, pears</p> <p>Meat loaf, Mashed Potatoes, salad buns, milk</p> <p>Trail mix, Oranges</p>	<p>7 Bagels, cream cheese, apples</p> <p>Chicken parm, pasta, garlic bread, raw veggies, milk</p> <p>Oatmeal cookies, mango</p>	<p>8 Avocado, English Muffins</p> <p>Beef, veggie barley soup, grilled cheese sandwiches, peppers, milk</p> <p>Bananas & Rice Cakes</p>
<p>11 Bagels, mango</p> <p>Beef stew, buns, zucchini, milk</p> <p>Nan Bread & Pea Butter, Clementines</p>	<p>12 Eggs, toast, Kiwi</p> <p>Tomato macaroni soup, tuna sandwiches, Milk, Lettuce, peppers</p> <p>Cheese, Mary's Crackers, cucumbers</p>	<p>13 Oatmeal, apples, raisins, Milk</p> <p>Pork roast, mashed potatoes, bread, corn, milk</p> <p>Applesauce & Breadsticks</p>	<p>14 Mini Wheats, Milk Apples</p> <p>Chicken/veggie quesadillas, salsa, sour cream, salad, Roasted Sweet Potatoes, milk</p> <p>Yogurt Tubes, Bananas</p>	<p>15 Rice Crispies, Milk, berries</p> <p>Baked fish, rice, cooked carrots, tomato cucumber salad, milk</p> <p>Banana bread, plums</p>
<p>18 English Muffins, Cottage Cheese, Apple</p> <p>Roasted chicken, rice, peas, cooked carrots, milk</p> <p>Graham wafers, cheese, Pear</p>	<p>19 Blueberry muffins, berries</p> <p>Broccoli and cheese quiche, pasta parmesan, peas, milk</p> <p>Carrot bread, melon</p>	<p>20 Cornflakes, Milk, Clementines</p> <p>Meatballs, mashed potatoes ,buns, corn, milk</p> <p>Pita, hummus, cucumber</p>	<p>21 Melba Toast, Cream Cheese, Apples</p> <p>Chili, buns, raw mushrooms, peppers, milk</p> <p>Triscuits, cream cheese, tomatoes</p>	<p>22 Applesauce, raisin toast</p> <p>French toast, berries, roasted sweet potatoes, milk</p> <p>Cheese, raw veggies, Crackers</p>
<p>25 Oranges, raisin toast</p> <p>Minestrone soup, egg sandwiches, peppers, milk</p> <p>Yogurt, Berries Granola</p>	<p>26 Bananas, English muffins,</p> <p>Salmon nuggets, roasted potatoes, mixed veggies, milk</p> <p>Melon, melba toast, cream cheese</p>	<p>27 Oatmeal, apples, raisins, Milk</p> <p>Spaghetti, Meat sauce, Garlic Bread, Caesar Salad, milk</p> <p>Zucchini bread, mango</p>	<p>28 Rye toast, avocados</p> <p>Chicken broccoli bake, bread, corn, milk</p> <p>Cheese, veggies, dip, Rice Cakes</p>	<p>29 Applesauce, Graham Wafers</p> <p>Roast beef, mashed potatoes, buns green beans, milk</p> <p>Nan Bread, wow butter, pears</p>