






MENU March 2023 (Breakfast)

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Turkey Bacon Bran Flakes Cereal Waffles (Pre-Prepared) Apple Skim Milk Cottage Cheese (3/4 cup)	2 Pork Sausage Link Stuffed Breakfast Potato Skins Cheese Muffin (pre-prepared) Banana Skim Milk	3 Spinach and Cheese Frittata Turkey Sausage Patty Farina Low Sodium Vegetable Juice Skim Milk
6 Veggie Sausage Link (pre-prepared) (2) Multigrain Cheerios Whole Wheat Cinnamon Pancakes Orange Juice Skim Milk	7 Baked Egg Omelette Turkey Bacon Cinnamon French Toast (Whole Wheat) Apple Juice Orange Skim Milk	8 Pork Sausage Link Corn Muffin (pre-prepared) Tropical Waffles with Mangoes and Whipped Cream Honeydew Skim Milk	9 Scrambled Eggs with Red Peppers and Onions Turkey Sausage Link (2) English Muffin, Whole Wheat Farina Banana Cantaloupe Skim Milk Apple Butter	10 Hard Boiled Egg Bran Flakes Cereal Pancakes (pre-prepared) Strawberries Skim Milk
13 Pork Sausage Link Scrambled Eggs Maple Quinoa Oatmeal Porridge Whole Wheat Bread Orange Skim Milk Butter	14 Egg Whites Coconut Banana French Toast Pumpkin Muffins Apple Skim Milk	15 Turkey Bacon Vegetable Egg Frittata Raisin Bran Cereal Banana Skim Milk	16 Hard Boiled Egg Turkey Sausage Patty Waffles (Pre-Prepared) (2) Honeydew Skim Milk	17 Center Closed
20 Hard Boiled Egg Turkey Sausage Patty Cinnamon French Toast (Whole Wheat) Apple Low Sodium Vegetable Juice Skim Milk Cottage Cheese (3/4 cup)	21 Egg Whites Veggie Sausage Link (pre-prepared) Oatmeal (1/2 cup) Cantaloupe Grape Juice, Unsweetened Skim Milk	22 Turkey Bacon Blueberry Pancakes Bran Flakes Cereal Banana Skim Milk Pancake Syrup	23 Pork Sausage Link Scrambled Eggs with Swiss Oatmeal (1 cup) Honeydew Skim Milk	24 Potato Spinach Frittata Waffles (Pre-Prepared) Whole Wheat Bread Orange Skim Milk Apple Butter
27 Pork Sausage Link Whole Wheat Cinnamon Pancakes (2) Orange Skim Milk	28 Egg Whites Veggie Sausage Link (pre-prepared) (2) Cream of Wheat (1 cup) Apple Grape Juice, Unsweetened Skim Milk Apple Butter Ketchup (1 Tbsp) Pancake Syrup	29 Scrambled Eggs Bran Flakes Cereal Waffles (Pre-Prepared) Banana Skim Milk	30 Turkey Bacon Plain French Toast (pre-prepared) Shredded Wheat, Spoon Size Cantaloupe Skim Milk	31 Turkey Sausage Link (2) Vegetable Egg Frittata Farina Orange Juice Skim Milk

MENU March 2023 (Lunch)

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Vegetable Soup Teriyaki Pork Loin Cornbread Prince Edward Blend Vegetables Sweet Baked Yams Strawberry Applesauce Skim Milk</p>	<p>2 Cranberry Chicken Seedless Rye Bread Broccoli and Red Peppers Homemade Mashed Potatoes Sliced Canned Peaches Skim Milk</p>	<p>3 Spinach Cheese Jumbo Ravioli (pre-prepared) Vegan Meatballs in Tomato Sauce Garlic Bread Steamed Cauliflower Steamed Peas and Carrots Fruit Cocktail Skim Milk</p>
<p>6 Breaded Meatless Patty Swiss Cheese Slice Wheat Kaiser Roll Baked Fries (pre-prepared) Lettuce and Tomato Sauteed Mushrooms, Peppers, and Onions Orange/Skim Milk</p>	<p>7 Ginger Sherry Pork Chops Seedless Rye Bread Oriental Blend Vegetables Sweet Baked Yams Applesauce Skim Milk</p>	<p>8 Parmesan Baked Fish Whole Wheat Dinner Roll Italian Cut Green Beans Mashed Potato Style Broccoli Fruit Cocktail Skim Milk</p>	<p>9 Creamy Tomato and Rice Soup Baked Chicken Quarters Whole Wheat Bread Parmesan Rosemary Mashed Potatoes Prince Edward Blend Vegetables Banana Skim Milk</p>	<p>10 Baked Fish with Lemon Garlic Butter Sauce Butternut Squash Rice Coleslaw (pre-prepared) Mixed Vegetables with Garlic (starchy) Canned Pears Skim Milk</p>
<p>13 Sweet and Sour Pork Loin Seedless Rye Bread Prince Edward Blend Vegetables Sweet Baked Yams Sliced Canned Peaches Skim Milk</p>	<p>14 California Veggie Burger (pre-prepared) Cheddar Cheese Slice Wheat Kaiser Roll Home Fries with Peppers and Onions Mashed Potato Style Broccoli Orange/Skim Milk</p>	<p>15 Black Bean Soup Glazed Honey Balsamic Chicken Half White Half Brown Rice (1 cup) Oriental Blend Vegetables Banana Skim Milk</p>	<p>16 PARTY DAY Corn Beef & Cabbage Carrots & Potatoes Rye Bread Green Pudding Fresh Fruit Skim Milk</p>	 <p>17 Center Closed</p>
<p>20 Lemon Chicken Barley Brown Rice Bake Roasted Turnips Zucchini and Peas Orange Skim Milk</p>	<p>21 Grilled Maple Chipotle Pork Chops Seedless Rye Bread Normandy Blend Sweet Baked Yams Fruit Cocktail Skim Milk</p>	<p>22 Southwest Turkey Meatloaf Whole Wheat Bread Garlic Mashed Potatoes Kale with Tomato Canned Pears Skim Milk</p>	<p>23 Breaded Meatless Patty (pre-prepared) Cheddar Cheese Slice Wheat Kaiser Roll Broccoli with Toasted Garlic Sauteed Green Beans with Onions Canned Apricots Skim Milk</p>	<p>24 Parmesan Baked Fish Whole Wheat Dinner Roll French Fries (pre-prepared) Spiced Mixed Vegetables (non-starchy) Apple Skim Milk</p>
<p>27 Cheddar Cheese Slice Homemade Hamburger Whole Wheat Hamburger Bun Home Fries with Peppers and Onions Sauteed Green Beans with Onions/Orange Skim Milk</p>	<p>28 Baked Mushroom Chicken Seedless Rye Bread California Blend Vegetables New Potatoes with Garlic Cream Sauce Canned Pineapple Skim Milk</p>	<p>29 Tomato Rice Soup California Turkey Meatloaf Brown Rice (1/2 cup) Creamed Spinach Banana Skim Milk</p>	<p>30 Baked Ziti with Cheese Whole Wheat Dinner Roll Italian Blend Vegetables Lettuce and Tomato Sauteed Onions and Peppers Sliced Canned Peaches Skim Milk</p>	<p>31 Baked Fish Whole Wheat Bread Smashed Red Potatoes Winter Blend Vegetables Apple Skim Milk</p>