

# MARCH 2014 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Italian Pork Cupboard Soup Roll Pineapple	4 Whole Wheat Bagel Cream Cheese, Tomato, Cucumber Sand. Apples & Whipped Peanut Butter	5 Black Bean & Beef Sloppy Joes on Wheat Roll Tossed Salad Grapes	6 Pork Roast Potatoes, Carrots & Celery Bread Stick & Oranges	7 Chicken Noodle Soup Carrots & Celery Wheat Roll Baked Apples
10 Southwestern Chicken Pasta Pepper Slices Oranges	11 Turkey Cranberry Lettuce Snap Peas Grapes	12 Cheese & Shredded Beef Nachos Lettuce, Tomato & Salsa Oranges	13 Cheese, Veggie, and Turkey Sausage Pizza Grapefruit	14 Italian Chicken Sandwich on Wheat Roll Lettuce & Tomato Grapes
17 Meatloaf w/ Ground Beef Home Fries Oranges	18 Turkey BLT Wrap Snap Peas Mangos	19 Goulash Wheat Noodles Oranges	20 French Toast Strips Scrambled Eggs Grapefruit	21 Sweet and Sour Chicken Stir fry Veggies, Brown Rice Pineapple
24 Turkey Burger Lasagna Tossed Salad Grapes	25 Teriyaki Pork Loin Noodles Cabbage & onions Pineapple	26 Turkey Burger Slides On Wheat Roll Snap Peas Mangos	27 Black Bean, Tomato & Cheeses Quesadilla Pepper Slices Grapes	28 Minestrone Soup Ground Beef Wheat Roll Baked Apples
31 Whole Wheat Turkey Pasta with Broccoli & Turkey Glaze Tossed Salad Grapes				

\*All fruits and vegetables are fresh. Any grain should be whole wheat or multi-grain. All milk based products such as cheeses are 2%. All meats should be lean cut and low sodium. Any dip should be low fat or fat free. All meals served with milk.