

March 2010: Wholesome and Nutritious Meals and Snacks

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Tenders Cold Harvard Beets Macaroni & Cheese Roll Apple Cobbler	2 Meat Loaf with tomato sauce Squash Casserole Whipped Potatoes Roll Waldorf Salad	3 Taco Soup Egg Salad Sandwich Corn Chips Cherry Cobbler	4 Cubed Pork with gravy Green Beans Pineapple Tidbits Sweet Potato Wheat Roll Debbie Cake	5 Cheese-burger with onion Lettuce, Tomatoes Baked Beans Peach Crisp
8 Beef Stroganoff with Rotini Pasta Turnip Greens Rosey Applesauce Roll Chocolate Chip Cookies	9 Chicken Leg Quarters Broccoli Casserole Augratin Potatoes Roll Strawberry Shortcake	10 Pork Riblet Sandwich Coleslaw with Carrots Baked Beans Pineapple Gratin	11 Pulled Turkey w/gravy Green Beans Whipped Potatoes Biscuit Pear Halves	12 Beef Stew with mixed vegetables Rice Wheat Roll Fruit Cocktail
15 Low Sodium Baked Ham Broccoli Salad Hot Ginger Pears Sweet Potatoes Roll Angel Food Cake	16 Hamburger Steak with gravy Capri Vegetables Rice Wheat Roll Yogurt with Pineapple	17 Chicken & Dumplings Mixed Greens Hot Cinnamon Apples Roll Sugar Cookies	18 Baked Fish Stewed Tomatoes Fresh Pear Scalloped Potatoes Roll Debbie Cake	19 Pork Chop Green Peas Macaroni & Cheese Cornbread Diced Peaches
22 Salisbury Steak w/gravy Sliced Carrots Applesauce Diced Potatoes Wheat Roll Debbie Cake	23 Pinto Beans with onion Steamed Cabbage Country Tomatoes Cornbread Apple Crisp	24 Chicken Fillet Sandwich Coleslaw Sliced Peaches Hashbrown Casserole Oatmeal Cookies	25 Tuna Salad Sandwich Lettuce, Tomato Fruit Salad Pasta Salad Birthday Cake	26 Roast Beef in Gravy Broccoli Casserole Fresh Orange Stewed Red Potatoes Roll Pound Cake
29 Great Northern Beans w/Ham Turnip Greens Scalloped Tomatoes Wheat Roll Oatmeal Cookie	30 Slice Turkey Sandwich with cheese Lettuce/Tomato Scandinavian Salad Raisin Cake	31 Chicken Casserole Tossed Salad with Carrots & Red Cabbage Whole Kernel Corn Roll Ranch Dressing Hot Apples		