March

York County

Monday	Tuesday	Wednesday	Thursday	Friday
3 3oz Baked Meatloaf w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit	**4** Chicken Bacon Carbonara (3oz Chicken, 1/2oz Bacon) 1/2c Pasta 1/2c. Coin carrots 1 Breadstick 1/2c Mandarin Oranges NEW ITEM	**Ash Wednesday** **5** Tuna Salad Sandwich (4oz) 1c Bean Soup 1/2c Coleslaw 2 White Bread Fresh Fruit	**6** Baked Ravioli (6) w/ 2oz Tomato Cream Sauce 1/2c Green Beans 1/2c Mandarin Oranges 1 Italian Bread	**7** Vegetable Lasagna Topped w/ Cream Sauce 1c Tossed Salad w/ Dressing Garlic Breadstick 1/2c Fruit Cocktail
10 Sweet & Sour Pork (4) 1/2c. Rice 1/2c Carrots 1 Dinner Roll Fresh Fruit	**11** 3oz Pot Roast w/ 2oz Gravy 1/2c mashed potatoes 1/2c Mixed Vegetables Wheat Bread 1/2c Fruit Crisp	**12** Italian Burger (1T Peppers, Onions, White Cheese) 1c Creamy Potato Soup 1 Hamburger Roll Seasonal Fresh Fruit NEW ITEM	**13** **Picnic Lunch** Sliced Turkey on Whole Wheat Bread Lettuce & Tomato Fresh Fruit Brownie Milk	**14** Baked Breaded Fish 1/2c Hashbrown Cubes 1/2c Green Beans 1 Sandwich Bun 1/2c Pineapple Delight
Happy St. Patrick's Day! **17** 3oz Corned Beef 1/2c Cabbage 1/2c Parsley Potatoes 1 Rye Bread 1/2c pistachio pudding	**18** Burgundy Glazed Meatballs w/Mushrooms (4) 1/2c Rice 1/2c Carrots 1 Italian Breadstick Fresh Orange	**19** Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c gelatin	**20** 4oz Cajun Chicken Alfredo 1/2c Creamy Pasta NEW ITEM 1/2c Peas 1 Breadstick 1/2c Pineapple	**21** 4oz Creamy Egg Salad Sandwich Lettuce & Tomato 1c Cream of Cauliflower Soup 2 Whole Wheat Bread 1/2c Applesauce Cookie
24 Creamy Parmesan Pork Chop (3oz Pork, 2oz Sauce) 1/2c Cubed Potatoes 1/2c Spinach 1 Wheat Bread Cookie	**25** 1 lasagna roll with meat sauce 1c Tossed Salad w/ Tomato 1/2c Green Beans 1 Garlic Breadstick Fresh Fruit NEW ITEM	**26** Chicken Brushetta (3oz chix, 2oz tomatoe, .5oz cheese) 1/2c pesto pasta 1/2c coin carrots 1 Dinner Roll Fresh Fruit	**27** **Picnic Lunch** Sweet Bologna & American Cheese Lettuce & Tomato Coleslaw Fresh Fruit Cookie Milk	**28** Baked Crab Cake 1c Tomatoe Basil Bisque 1/2c Corn White Bread 1/2C cinnamon Apple Slices
31 1c Chicken & Dumplings 1/2c Mixed Vegetables Whole Grain Buttermilk Biscuit Fresh Orange				The Nutrition Group