

MARCH EAT RIGHT EAT WELL STAY ACTIVE AND LIVE LONGER 2010

MONDAY 1st MACARONI & CHEESE Stewed Tomatoes Winter Blend Vegetables Fresh Apple Rye Bread Choc Milk	TUESDAY 2nd FISH NUGGETS w/Tarter Sauce Rice Pilaf Brussel Sprouts Cranberry Juice Brownie Dinner Roll and Milk	WEDNESDAY 3rd BEEF VEGETABLE SOUP Apricot Nectar Rice Pudding 2 packs Saltines 2 Dinner Rolls and Milk	THURSDAY 4th CHICKEN NUGGETS Au Gratin Potatoes Oriental Vegetables Blueberry Muffin Pears Milk	FRIDAY 5th MEATLOAF with GRAVY Mashed Potatoes Succotash Fresh Orange Sections 2 Whole Wheat Bread Milk
MONDAY 8th HAM BALLS Scalloped Potatoes Green Beans Pineapple Tidbits 2 Dinner Rolls and Milk	TUESDAY 9th HAMBURGER French Fries w/ ketchup&mustard Cucumber Salad Orange Juice Chocolate Pudding Round Roll and Choc Milk	WEDNESDAY 10th ROAST PORK Mashed Potatoes Saurkraut Apple Juice Peaches 2 Dinner Rolls and Milk	THURSDAY 11th VEGETABLE LASAGNA Broccoli Grape Juice Tropical Mixed Fruit White Bread and Milk	FRIDAY 12th BAKED FISH w/ Lemon Juice Wild Brown Rice Carrots Banana Oatmeal Raisin Cookie Whole Wheat Bread and Milk
MONDAY 15th SLOPPY JOE Tater Tots Pepper Slaw Apricots Round Roll and Milk	TUESDAY 16th FISH SANDWICH Pea and Cheese Salad Orange Juice Chocolate Chip Cookie Tarter Sauce Roll and Milk	WEDNESDAY 17th BAKED CHICKEN w/ Gravy Oven Brownd Potatoes Lima Beans Cranberry Juice Vanilla Pudding 2 Dinner Rolls and Milk	THURSDAY 18th BAKED HAM Baked Sweet Potatoes California Vegetables Fresh Cantaloupe Chunks 2 Whole Wheat Bread and Milk	FRIDAY 19th BEEF TIPS with GRAVY Noodles Red Beets Pears Whole Wheat Bread and Milk
MONDAY 22nd GOULASH Fresh Salad w/Ranch Dressing Apple Juice Peanut Butter Cup Cookie Dinner Roll and Milk	TUESDAY 23rd ROAST TURKEY with GRAVY Mashed Potatoes Sugar Snap Peas Mandarin Oranges 2 Whole Wheat Bread and Milk	WEDNESDAY 24th SPAGHETTI & MEATBALLS Romano Beans Fresh Melon Mix Parmesean Cheese Italian Bread Milk	THURSDAY 25th POPCORN SHRIMP Parsley Potatoes Peas and Carrots Fruited Yogurt Cocktail Sauce 2 Dinner Rolls and Milk	FRIDAY 26th JUMBO HOT DOG Baked Beans Apple sauce Grape Juice Ketchup and Mustard Hot Dog Roll and Choc Milk

MARCH EAT RIGHT EAT WELL STAY ACTIVE AND LIVE LONGER 2010

<p>MONDAY 29th</p> <p>FISH NUGGETS w/Tarter Sauce</p> <p>Rice Pilaf</p> <p>Brussel Sprouts</p> <p>Cranberry Juice</p> <p>Brownie</p> <p>Dinner Roll and Milk</p>	<p>TUESDAY 30th</p> <p>MEATLOAF with GRAVY</p> <p>Mashed Potatoes</p> <p>Succotash</p> <p>Fresh Orange Sections</p> <p>2 Whole Wheat Bread</p> <p>Milk</p>	<p>WEDNESDAY 31st</p> <p>Chicken Nuggets</p> <p>Au Gratin Potatoes</p> <p>Oriental Veg</p> <p>Pears</p> <p>blueberry Muffin</p> <p>Milk</p>	<p>THURSDAY APRIL 1st</p> <p>BEEF VEGETABLE SOUP</p> <p>Apricot Nectar</p> <p>Rice Pudding</p> <p>2 packs Saltines</p> <p>2 Dinner Rolls and Milk</p>	<p>FRIDAY APRIL 2nd</p> <p>MACARONI & CHEESE</p> <p>Stewed Tomatoes</p> <p>Winter Blend Vegetables</p> <p>Fresh Apple</p> <p>Rye Bread</p> <p>Choc Milk</p>
--	---	--	--	--