

March 2012: Ward 7 & 8 Senior Lunch Meal Program

6oz Berry Juice, Daily

1/2c Salad dressing w/Garden Salads

Monday	Tuesday	Wednesday	Thursday	Friday
Celebrate National Nutrition Month Happy St. Patrick's Day Seniors				
		1	2	3
			3oz Chicken Pattie w/ketchup 1/2c Yellow squash 1/2c Kale greens 1 Fresh Orange 8oz Milk 1% 1tb margarine	3oz Baked Fish Square 1/2c Vegetarian Baked Beans 1/2c Mixed Greens 1 Bun 1/2c Peaches 8oz Milk 1% /1pk mustard /ketchup
5	6	7	8	9
3oz Baked Chicken Leg w/ stuffing 1/2c Glazed Carrots 1/2c Green Beans 1/2c Fruit Cup 1 Sl Wheat Bread 8oz Milk 1% 1tb margarine	3oz Salisbury Steak Pattie 1/2c Fresh Steam Cabbage 1/2c Buttered Mashed Potatoes 1/2c Diced Pears 1 Sl Wheat Bread Milk 1% 1tb Margarine	3oz BBQ Baked Chicken Breast 1/2c Collard Greens 1/2 c Potato Salad 1/2c Yogurt 1 Sl Wheat Bread 8oz Milk 1% 1tb margarine	3oz Meat Loaf w/gravy 1/2c Chopped Broccoli 1/2c Spanish Rice 1/2c Pineapple slices 1 Sl Wheat Bread 8oz Milk 1% 1tb margarine	3oz Baked Fish w/ Ketchup, Mustard 1/2c Seasoned Red Potatoes 1/2c Coleslaw 1 Fresh Orange 1 Sl Wheat Bread 8oz Milk 1% 1tb margarine
12	13	14	St. Patrick 's Day Celebration 15	16
3oz Baked Pork Chop 1/2c Baked Sweet Potatoes 1/2c Kale Greens 1/2c Fruit cocktail 1 Sl Wheat Bread 8oz Milk 1% 1tb margarine	3oz Fresh Baked Turkey 1/2c Macaroni Salad 1/2c Vegetable Medley 1sl Pound Cake w/ 4oz Strawberry Ice Cream 1 Sl Wheat Bread 8oz Milk 1% 1tb margarine	3oz BBQ Baked Chicken 1/2c Escallops Potatoes 1/2c Spinach 1 Fresh Pear 1 Sl Wheat Bread 8oz Milk 1% 1tb margarine	3oz Corned Beef 1/2c Fresh Steam Cabbage 1/2c Irish Boiled Patatoes 1/2c Baked Apples 1 Sl Wheat Bread 8oz Milk 1% 1tb margarine	3oz Tuna Fish Sandwich w/ 1Bun 1/2c Spinach 1/2c Peaches 1/2c Carrot & Raisin Salad 8oz Milk 1%
19	20	21	22	23
3oz Lemon Baked Chicken Breast 1/2c Kale Greens 1/2c Yellow Rice 1 Fresh Orange 1 Sl Wheat Bread 8oz Milk 1% 1tb margarine	3oz Turkey Burger 1/2c Candied Yams 1/2c Collard Greens 1/2c Diced Pears 1 Sl Wheat Bread 8oz Milk 1% 1tb margarine	3oz Meat Loaf w/ Tomato sauce 1/2c Buttered Mashed Potatoes 1/2c Green Beans 2 Oatmeal 1 Sl Wheat Bread 1tb margarine 8oz Milk 1% Cookies	3oz BBQ Beef w/ 1 Bun 1/2c Mixed Greens 1 corn Cobette 1/2c Tropical Fruit Cup 8oz Milk	3oz Vegetable Lasagna 1/2c Oriental Vegetables 1/2c Yellow Squash 1/2c Yogurt 1 Sl Wheat Bread 8oz Milk 1% 1 tb Margarine
26	27	28	29	30
3oz Grilled Chicken Pattie 1/2c 3 Pasta salad 1/2c Turnip Greens 1/2c Apple sauce w/ raisins 1sl Wheat Bread 8oz Milk 1% 1tb margarine	3oz Swedish Meat balls 1/2c Buttered noodles 1/2c Mixed vegetables 1/2c Peaches & Plums 1sl Wheat Bread 8oz Milk 1% 1tb margarine	3oz Baked Fish Square 1/2c Stewed Tomatoes & Okra 1/2c Macaroni & Cheese 1/2c Tropical Fruit Cup 1sl Wheat Bread 8oz Milk 1% 1tb margarine	3oz Baked Chicken w/Gravy 1/2c Red Beans & Rice 1/2c Kale Greens 1 Fresh Orange 1sl Wheat Bread 8oz Milk 1% 1tb margarine	1c Tuna & Macaroni Salad 1 sl Tomato & Leaf Lettuce 1/2c Collard Greens 1/2c Glazed Carrots 1/2c Diced Pineapples 8oz Milk 1% 3 Wheat Crackers