

COMMUNITY DINING MENU MARCH & APRIL

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| 03/19 *Meat Lasagna (6 oz) *Spinach (4 oz) *Caesar Salad (1 cup) *2 oz. W.W. Dinner Roll *Fruit Cocktail (4 oz) *8 oz. 1% Milk **Vegetarian Option** *Veggie Lasagna (6 oz) | 03/20 * Chicken Salad (4 oz.) *Lettuce & Tomato (1 ea) *Green Salad (1cup) *Minestrone Soup (6oz.) *W.W. Sliced (2) *100% Orange Juice (6oz) *Fruit Yogurt (6 oz) **Vegetarian Option** **Eggplant & Mozz. Sandwich | 03/21 *Baked Pork Chop W/ Gravy(1) *Mashed Potatoes (4 oz) *Okra W/ Diced Tomato (4 oz.) *Kale Salad (1 cup) *Parker House Roll (1) *8oz. 1% Milk *Diced Peaches (4 oz) *Vegetarian Option** *Falafel Pita Sandwich | 03/22 *Chicken Gumbo (8 oz.) *Red Beans & Rice (4 oz..) *Baby Carrots (4 oz.) *Green Salad (1 cup) *Corn Bread (1 pc) *Orange Juice (6 oz) *Fruit Yogurt (6 oz) **Vegetarian Option** **Veggie & Bean Gumbo | 03/23 *Mojito Lime Tilapia (3 oz) *Cucumber, Tomato, Red Onion Salsa (2 oz) *Whole Grain Roll (1) *Corn (4 oz) *Spinach Salad (1 cup) *1% Milk (8 oz) *Whole Banana (1) **Vegetarian Option** *Veggie Burger W/ Gravy |
| 03/26 *Turkey Breast Stuffed With Cranberry & Sage Stuffing (7oz) *Green Beans (4 oz) *Sliced Carrots (4 oz) *Corn Bread (1 pc) *Unsweetened Applesauce (4oz) *8 oz. 1% Milk **Vegetarian Option** *Grilled Veggie & Bean Taco | 03/27 *Lemon Caper Fettuccine w/ Oven Fried Chicken (7 oz) *Cucumber Salad (4 oz) *Sliced Beets (4 oz) *100% Orange Juice (4 oz) *Italian Breadstick (1) *Fruit Yogurt (6 oz) **Vegetarian Option** *Pasta Primavera w/ Vegetables | 03/28 *Meatloaf (3 oz) *Brown Gravy (1 oz) *Mashed Potatoes (4 oz) *Collard Greens (4 oz) *Whole Grain Dinner Roll (1) *8 oz. 1% Milk *Whole Orange (1) **Vegetarian Option** *Stuffed Portabello Mushroom | 03/29 *ROOM TEMPERATURE* *Grill Chicken Breast (3 oz) *Quinoa Salad W/ Cranberries (4 oz) *Black Bean & Corn Salad (4 oz) *Green Salad (1 cup) *Parker House Roll (1) *Fruit Yogurt (6 oz) *100% Orange Juice (6 oz) **Vegetarian Option** *Spaghetti Squash Lasagna | 03/30 *Blackened Fish Filet *Stewed Tomatoes (4oz) *Black Eyed Peas (4 oz) *Green Salad (1 cup) *Whole Grain Roll (1) *1% Milk (8 oz) *Tartar Sauce (1 packet) *Diced pears (4oz) **Vegetarian Option** Spinach And Feta Croissant |
| 04/02 * All Beef Burger (3 oz) * Tater Tots (4 oz) * Broccoli (4oz) *Ketchup & Mustard Packs *Cole Slaw (4 oz) *Whole Grain Bun (2 oz) *1% Milk (8 oz) * Pineapple Chunks (4 oz) **Vegetarian Option** *Garden Burger | 04/03 *Cajun Blacken Chicken (3oz.) *Penne Pasta Alfredo (4 oz.) *Baby Carrots (4 oz.) *Green Salad (1cup) *Whole Grain Roll (1) *100% Orange Juice (6oz) *Fruit Yogurt (6 oz) **Vegetarian Option** **Penne Alfredo W/ Spinach & Ricotta | 04/04 *Beef Stroganoff (5 oz.) *Rice Pilaf (4 oz.) *Spinach (4 oz.) *Green Salad (1 cup) *Whole Apple (1) *1% Milk (8 oz) *Italian Breadstick (1) **Vegetarian Option** **Veggie & lentil Stuffed Pepper | 04/05 *Smoked Turkey Breast (3oz) *W.W. Sliced (2 sl.) *Lettuce & Tomato (1 ea) *Potato & Leek Soup (6 oz) *Mayonaisse Packet (1) *Broccoli Slaw (3 oz) *Fruit Yogurt (6 oz) *100% Juice (4 oz) **Vegetarian Option** *Eggplant & Mozzarella Sand. | 04/06 *Broiled Salmon (3 oz.) *Gnocchi W/ Sauce (4 oz) *Green Beans (4 oz.) *Green Salad (1 cup) *Slice W.W. Bread (1 sl) *8 oz. 1% Milk *Banana **Vegetarian Option *Gnocchi W/ Spinach And Mushrooms In A Cream Sauce |
| 04/09 *Tex Mex Beef Chili W/ Kidney Beans (8 oz.) *Rice Pilaf W/ Veggies (4 oz) *Green Salad (1 Cup) *Mixed Vegetables (4 oz) *Whole Pear (1) *1% Milk (8oz) **Vegetarian Option** *Barbecued Tofu | 04/10 *Oven Fried Chicken Drumsticks (2) *Macaroni & Cheese (4 oz.) *Collard Greens (4 oz) *Kale Salad (1 cup) *Whole Grain Roll (1) *100% Orange Juice (6 oz.) *Fruit Yogurt (1) **Vegetarian Option** *Chix Less Nuggets | 04/11 *Tuna Salad (4 oz.) *Spinach Salad {1 cup) *Slice Whole Bread (2 sl) *Vegetable Soup (6 oz) *Apple Sauce (4oz) *8 oz. 1% Milk **Vegetarian Option** **Potato & Carrot Sauté W/ Black Beans | 04/12 *London Broil Tips (3 oz) *Rice Pilaf (4 oz) *Marinated Broccoli (4 oz) *Green Salad (1 cup) *Fruit Yogurt (6 oz) *100% Orange Juice (6 oz) *Italian Breadstick (1) **Vegetarian Option** *Chix Less Nuggets W/ Gravy | 04/13 *Oven Fried Pollack (1 pc) *Tartar Sauce (1 packet) *Potato Wedges (4 oz) *Steamed Kale (4 oz) *Italian Veggie Blend (4 oz) *Diced Peaches (4oz) *8 oz. 1% Milk *2 oz. W.W. Dinner Roll **Vegetarian Option** *Tofu & Black Bean Sauce |
| 04/16 EMANCIPATION DAY ALL SITES CLOSED | 04/17 *Rotisserie Chicken (1 pc) *Baked Sweet Potato (4 oz.) *Italian Blend Veggies (4 oz.) *Wheat Roll (1) *Orange juice (4 oz.) *Fruit Yogurt **Vegetarian option** **Veggie & Cheese Wrap | 04/18 *Pulled BBQ Pork (4 oz) *Rice Pilaf (4 oz) *Broccoli (4 oz) *Cole Slaw (1 cup) *Whole Grain Bun (2 oz) *1% Milk (8oz) *Diced Pineapple (4 oz.) **Vegetarian Option** *Egg Salad Sandwich | 04/19 *Salisbury Stk. & Gravy (1 pc) *Mashed Potatoes (4 oz.) *Collard Greens (4 oz.) *Green Salad (1cup) *Parker House Roll (1) *Orange Juice (6 oz) *Fruit Yogurt (6 oz) *Vegetarian Option** *Curried Tofu | 04/20 *Seafood Pasta Salad (8 oz) *White Bean Soup (6 oz) *Green Salad (1 cup) *Whole Grain Roll (1) *Diced Pears (4 oz) *8 oz. 1% Milk **Vegetarian Option** Cheese Tortellini Salad |
| 04/23 *Baked Ziti W/Beef (8 oz.) *Spinach (4 oz.) *Caesar Salad (1 cup) *Whole Grain Roll (2 oz) *Fruit Cocktail (4 oz.) *8 oz. 1% Milk (1) **Vegetarian option** **Baked Ziti W/Ricotta Cheese | 04/24*ROOM TEMPERATURE* *Grilled Chicken Breast (3oz) *Angel Hair Pasta (4 oz) W/ Tomato Garlic Sauce *Green Bean Salad (4 oz) *Green Salad (1 cup) *Italian Breadstick (1) *100% Juice (6 oz) *Fruit Yogurt (6 oz) **Vegetarian Option** *Lentil & Grilled Veggie Wrap | 04/25 *Curried Beef Stew (8 oz) *Rice Pilaf (4 oz) *Sauteed Baby Carrots (3 oz) *Spinach (3 oz) *Whole Grain Roll (1) *8 oz. 1% Milk *Whole Orange (1) **Vegetarian Option** *Portabello Mushroom Sand. | 04/26 *Chicken Picatta (1 pc) *Orzo Pasta W/ Gravy (4 oz.) *Baby Carrots (4 oz.) *Green Salad (1 cup) *Grape Juice (4 oz.) *Parker House Roll (1) *Fruit Yogurt **Vegetarian Option** **Crispy Okra & Tofu Stir Fry | 04/27 *Broiled Flounder (1 pc) *Mashed Potatoes (4 oz) *Green Peas (4 oz) *Sliced Beets (4 oz.) *Dinner Roll (1) *1% Milk (8oz) *Apple Sauce (4 oz) **Vegetarian Option** *Pulled Jack Fruit Barbecue |