


<p><u>March</u> <u>2018</u></p> 				<p><u>THURSDAY</u> 1 Turkey Fettuccini Beets Pineapple Tidbits Wheat Roll Milk</p>	<p><u>FRIDAY</u> 2 Sloppy Jo Tater Tots Asparagus Peaches Pumpkin Bar Milk</p>	<p><u>SATURDAY</u> 3</p>
<p><u>Recommended</u> <u>Serving Sizes</u> 3 oz. meat ½ cup of vegetables ½ cup of fruit 2 servings of bread or complex carbohydrate 1 cup of 2% milk</p>	<p><u>MONDAY</u> 5 Baked Ham Baked Potato Brussels Sprouts Wheat Bread Cherries Milk</p>	<p><u>TUESDAY</u> 6 Grilled Chicken Wheat Bread Pasta Salad Green Beans Tropical Fruit Milk</p>	<p><u>WEDNESDAY</u> 7 Spaghetti/meat sauce Tossed Salad Garlic Bread Orange Fluff Milk</p>	<p><u>THURSDAY</u> 8 Country Fried Steak Mash. Pot./gravy Corn Wheat Roll Apricots Milk</p>	<p><u>FRIDAY</u> 9 Baked Fish Au Gratin Potatoes Mixed Vegetables Wheat Bread Fruit Cocktail Choc. Cake/frosting Milk</p>	<p><u>SATURDAY</u> 10 Elk Mt Breakfast 9:00 AM Pancakes Sausage Juice Chilled Milk</p>
<p>Happy Birthday Marion Mc 7 Dixie Roggow 8 Charlie Jack 10 Pam Campbell 13 Jim Jones 14 Bob Meyers 21 Paul Blight 23</p>	<p><u>MONDAY</u> 12 Cheeseburger French Fries Carrot Raisin Salad Pears Milk</p>	<p><u>TUESDAY</u> 13 Baked Pork Chop Wild Rice Blend Broccoli Wheat Bread Strawberries Milk</p>	<p><u>WEDNESDAY</u> 14 Meat Loaf O'Brien Potatoes Cauliflower Wheat Roll Purple Plums Lemon Bar Milk</p>	<p><u>THURSDAY</u> 15 Chicken Strips Pasta Salad Beets Wheat Bread Peaches Milk</p>	<p><u>FRIDAY</u> 16 Corned Beef Parsley Potatoes Cabbage Wheat Roll Lime Jello Poke- Cake Milk</p>	<p><u>SATURDAY</u> 17</p>
	<p><u>MONDAY</u> 19 Beef Tacos Lettuce, tomato, cheese Squash Blend Refried Beans Cinnamon Apples Milk</p>	<p><u>TUESDAY</u> 20 White Bean Chicken Chili Tossed Salad Cornbread Apricots Milk</p>	<p><u>WEDNESDAY</u> 21 Sweet/Sour Pork Rice Oriental Vegetable Egg Roll Citrus Fruit Cookie Milk</p>	<p><u>THURSDAY</u> 22 Beef Roast Mash. Pot./gravy Steamed Carrots Wheat Roll Fruit Cocktail Milk</p>	<p><u>FRIDAY</u> 23 Tuna Salad Sandwich Split Pea Soup Pickle Cherries Brownie</p>	<p><u>SATURDAY</u> 24 Elk Mt Breakfast French Toast Bacon Juice Chilled Milk</p>
	<p><u>MONDAY</u> 26 Pork Roast Sweet Potatoes Cauliflower Wheat Roll Applesauce Milk</p>	<p><u>TUESDAY</u> 27 Porcupine Meatballs Mixed Vegetables Wheat Bread Strawberry Shortcake Milk</p>	<p><u>WEDNESDAY</u> 28 Oven Chicken Mash. Pot./gravy Zucchini Wheat Roll Mandarin Oranges Milk</p>	<p><u>THURSDAY</u> 29 Salisbury Steak Mash. Pot./gravy Asparagus Wheat Roll Pears Milk</p>	<p><u>FRIDAY</u> 30 <u>CLOSED FOR</u> <u>HOLIDAY</u> <u>GOOD FRIDAY</u></p>	<p><u>SATURDAY</u> 31</p> 