



Women's
History
Month



TUESDAY			FRIDAY		
3/28			3/3 & 31		
Roast beef & cheddar on multigrain; cucumber & tomato dill salad; peaches	Teriyaki chicken w/ white rice & vegetables; stewed tomato & chickpea salad; oranges	Broccoli & cheddar soup w/ pita points; oat muffin w/ mixed berries	Vegetable curry w/ chickpeas, spinach & vegetables; brown rice & quinoa; fruit medley	Chicken tetrazzini spaghetti w/ peas; raisin oatmeal muffin	Shrimp & grits; stewed tomatoes; green beans; cornbread; oat & orange parfait
3/7			3/10		
Chicken chili mac w/ beans & vegetables; roasted sweet potato w/ cinnamon sugar; crushed pineapple	Salisbury steak w/ creamed potato; brussels sprout; sliced apple; roll	Spinach & barley stuffed cheese shells w/ marinara sauce; roasted vegetables, garlic bread	Baked chicken w/ stuffing; roasted vegetables; green beans; wheat roll	Cheeseburger on multigrain bread w/ lettuce, tomato, onion & pickle; potato salad; applesauce	Hot dog on wheat bun with chili/cheese, Cole slaw, hush puppies, blueberry oat muffin
3/14			3/17		
3 bean & vegetable chili w/ garlic bread; apples	Sweet & sour chicken; lentil & jasmine rice; chinese vegetable mix; pineapple	Vegetable quiche; oatmeal w/ pecans; mandarin oranges	Swedish meatballs & dill; buttered garlic pasta & peas; apple muffin	Chicken parmesan w/ roasted vegetables; cauliflower mash; bean & vegetable salad; wheat roll	Meatloaf w/ roasted potato; green beans; strawberry oat muffin
3/21			3/24		
Chicken salad on multigrain bread; vegetable pasta salad; sliced apple	Beef stroganoff; garden rice with vegetables; blueberry oat muffin	Turkey & cheese on wheat roll; broccoli & raisin salad; tropical fruit medley	Vegetable & navy bean soup w/ tofu; cheddar bread; fresh strawberries	Shepards pie w/ vegetables & mashed potatoes; roasted corn; pineapple; yogurt & oats	Baked turkey w/ stuffing & roasted vegetables; yams; fruit medley
*** Items containing seafood are printed in red ***					