

	<b>March 2019</b>		<b>1 - Friday</b> Potato Bar with Chili and all the fixings (tomatoes, lettuce, onions) Pears Whole Wheat Cornbread Dessert Milk
<b>5 - Tuesday</b> Cheesy Rice & Ham Casserole Beets Peaches Whole Wheat Cornbread Dessert Milk	<b>6 - Wednesday</b> BLT Sandwich & Chicken Noodle Soup Fresh Romaine Salad w/Veggies Pineapple Whole Wheat Roll Dessert Milk	<b>7 - Thursday</b> Chicken Fried Steak Potatoes & Brown Gravy Winter Greens Apple Sauce Whole Wheat Roll Dessert Milk	<b>8 - Friday</b> Beef or Chicken Enchilada Casserole Green Beans Tropical Fruit Whole grain tortillas Dessert Milk

<p>12 - <b>Tuesday</b>  Meatloaf &amp; Baked  Potato with Sour  Cream  Stewed Tomato  Mix  Apricots  Whole Wheat Roll  Dessert  Milk</p>	<p>13 - <b>Wednesday</b>  Baked Ham &amp;  Potatoes &amp; Gravy  Fresh Romaine Salad  w/Veggies  Apples  Whole Whet Roll  Dessert  Milk</p>	<p>14 - <b>Thursday</b>  Open Faced Roast-Beef  Sandwich  Potatoes &amp; Gravy  Normandy Blend  Mandarin Oranges  Whole Wheat Roll  Dessert  Milk</p>	<p>15 - <b>Friday</b>  Chicken Alfredo Whole  Grain Noodles  Romaine Salad  Tropical Fruit  Garlic Toast  Dessert  Milk</p>
<p>19 - <b>Tuesday</b>  Beef Stroganoff  with Beef Tips  Winter Veggies  Oranges  Garlic Toast  Dessert  Milk</p>	<p>20 - <b>Wednesday</b>  Roast Turkey with  Mashed Potatoes &amp;  Gravy  Fresh Romaine Salad  w/Veggies  Mixed Fruit  Whole Wheat Roll  Dessert  Milk</p>	<p>21 - <b>Thursday</b>  Baked Spaghetti  Romaine Salad  Apples  Garlic Toast  Dessert  Milk</p>	<p>22 - <b>Friday</b>  Shepard's Pie with Whole  Wheat Crust  Asparagus  Cottage Cheese  Peaches  Dessert  Milk</p>

<p>26 - <b>Tuesday</b>  Tilapia or Ham  Brown Rice &amp;  Gravy  Capri Veggies  Pears  Whole Wheat Roll  dessert  Milk</p>	<p>27 - <b>Wednesday</b>  Pot Roast &amp; Mashed  Potatoes &amp; Gravy  Strawberries  Whole Wheat Roll  Dessert  Milk</p>	<p>28 - <b>Thursday</b>  Ribs &amp; Rice  Romaine  Grapes  Whole Wheat Roll  Dessert  Milk</p>	<p>29 - <b>Friday</b>  Baked Chicken  Quinoa  Cottage Cheese  Peaches  Toast  Dessert  Milk</p>