



	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
BOX					
LUNCH	Cinci-Style Chili - 9112 w/ Spaghetti (ch b) roast beef w/gravy ch7025 Kidney Beans Broccoli Mandarin Oranges Cheddar Cheese (ch A only) Oyster Crackers (ch A only) 2 Wheat Bread / Margarine (ch b only) Diet: same	Stuffed Cabbage Roll w/Marinara - 9077 (ch b) cheese pizza ch7043 Peas & Onions Sliced Yellow Squash Pineapple-Orange Juice 100% Chocolate Elf Grahams Diet: same	Italian Chicken - 9042 w/ No Salt Added Marinara Spaghetti (ch b) grilled cheese sandwich ch7063 Italian Vegetables Peas Fruit Cocktail Diet: same	Chicken and Brown Rice w/ Gravy - 9023 (ch b) beef/brown rice/gravy ch7041 Broccoli Diced Carrots Wheat Bread / Margarine Peaches Diet: same	Fish Sticks w/ Tartar Sauce - 9028 (ch b) macaroni & cheese ch7065 Peas Potato Wedges Apple Juice 100% Wheat Bread / Margarine Animal Crackers Diet: same
WEEK 1					
BOX					
LUNCH	Beef & Noodles - 9008 (ch b) chicken & noodles ch7037 w/ Gravy Green Beans Carrots Wheat Roll / Margarine Grape Juice 100% Sponge Cake Diet: same	Roast Turkey w/Gravy - 9005 (ch b) country fried steak w/gravy ch7054 Mashed Potatoes Vegetable Medley Dinner Roll / Margarine Cranberry Juice Chocolate Chip Cookie Diet: same	BBQ Beef - 9051 (ch b) grilled chicken brst ch7026 Garden Vegetable Soup w/ Crackers (cong only) Peas & Onions Potato Wedges Bun Pineapple Tidbits Diet: same	Broccoli Cheddar Chicken - 9031 (ch b) cheesy beef & broccoli ch7042 Brown Rice Oregon Vegetables Corn Wheat Bread / Margarine Pears Diet: same	Southwestern c.f. Omelet 9089 w/ Tomatoes, Peppers, Onions (ch b) meatloaf w/ gravy ch7016 Whipped Sweet Potatoes Mixed Vegetables Wheat Bread (2 slices) Margarine Applesauce Diet: same
WEEK 2					
BOX					
LUNCH	Salisbury Steak w/Gravy - 9029 (ch b) chicken w/gravy ch7008 Whipped Sweet Potatoes Mixed Vegetables Pineapple-Orange Juice 100% Wheat Bread / Margarine Cinnamon Teddy Grahams Diet: same	Smoked Turkey Sausage w/ Sauerkraut - 9056 (ch b) meatloaf w/ gravy ch7016 Mashed Potatoes Green Beans Rye Bread (2 pcs) Fruit Cocktail Mustard / Ketchup Diet: same Happy St. Patrick's Day!	Turkey Tetrazzini - 9036 w/ Peas and Mushrooms (ch b) veggie tetrazzini ch7056 (not a vegetarian meal) Brussel Sprouts Baked Cinnamon Apples Diet: same	Pork Cutlet w/Gravy - 9003 (ch b) chicken w/gravy ch7008 Green Beans Beets Mandarin Oranges Wheat Bread (2 slices) Margarine Diet: same	Grilled Cheese Sandwich - 9132 (ch b) fish sticks ch7067 Green Beans Stewed Tomatoes Fruit Juice 100% Chocolate Sponge Cake Diet: same
WEEK 3					
BOX					
LUNCH	turkey Ham & Beans - 9062 (ch b) chicken stew ch7022 Mixed Vegetables (2 servings) Cornbread / Margarine Orange Juice 100% Animal Crackers Diet: same	Meatloaf w/ Gravy - 9072 (ch b) chicken w/ gravy ch7008 Mashed Potatoes Carrots Wheat Bread (2 slices) Margarine Fruit Cocktail Diet: same	Chicken & Potato Casserole - 9315 (ch b) roast beef & gravy ch7025 Broccoli (2 servings) Wheat Bread / Margarine Grape Juice 100% Chocolate Elf Grahams Diet: same	Reds Opening Day Hamburger - 9071 (ch b) sliced deli ham ch7005 w/ Swiss American Cheese slice Potato Wedges Broccoli Bun Pineapple Tidbits Mustard / Ketchup Diet: same	Lemon Pepper Fish - 9033 w/ Tartar Sauce (ch b) chicken tenders ch7009 Brown Rice Scandinavian Veggies (2 servings) Dinner Roll / Margarine Applesauce Diet: same
WEEK 4					
BOX					
LUNCH	Chicken Alfredo over Spaghetti - 9064 (ch b) salmon croquette ch7050 Broccoli Carrots Baked Cinnamon Apples 1 Wheat Bread / Margarine (ch b only) Diet: same	Country Fried Steak w/Gravy - 9063 (ch b) grilled chicken brst ch7026 Chicken Noodle Soup w/ Crackers (cong only) Potato Wedges Green Beans Wheat Bread (2 slices) Margarine Mandarin Oranges Diet: same	<div style="text-align: center;"> <p>Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea.), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk (1/2 pint)</p> </div>	<div style="text-align: center;"> <p>Remember to Move Your Clocks Forward Sunday, March 8th</p> </div>	
WEEK 5					