Eastern Nebraska Office on Aging Congregate Meals March 2022

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Beef & Bean Chili Baked Potatos Sur Cream PC Romaine Blend Salad/Dress Combraed/Marg Tropical Fruit 1% or Skim Milk 1% or Skim Milk 1% or Skim Milk 3/7/202 California Cheesy Chicken Romaine Blend Salad/Dress (Potato Marcel 3/8/202 3/8/2022 California Cheesy Chicken Romaine Blend Salad/Dress (Potato Marcel 4/8/202 California Cheesy Chicken Romaine Blend Salad/Dress (Potato Medical 3/8/2022 California Cheesy Chicken Romaine Blend Salad/Dress (Potato Medical 3/8/2022 California Cheesy Chicken Romaine Blend Salad/Dress (Potato Medical 3/8/2022 California Cheesy Chicken Romaine Blend Salad/Dress (Potato Medical 3/8/2022 California Cheesy Chicken Romaine Blend Salad/Dress (Potato Medical 3/8/2022 California Cheesy Chicken Romaine Blend Salad/Dress (Potato Medical 3/8/2022 California Cheesy Chicken Romaine Blend Salad/Dress (Potato Medical 3/8/2022 California Cheesy Chicken Romaine Blend Salad/Dress (Potato Medical 3/8/2022 California Cheesy Chicken Romaine Blend Salad/Dress (Potato Medical 3/8/2022 California Cheesy Chicken Romaine Chicken Romaine Blend Salad/Dress (Potato Medical 3/8/2022 Chicken Tanders Win BBQ Sauca PC Chicken Tanders Win BBQ Sauca PC Potato Medical 3/8/2022 Chicken Tanders Win BBQ Sauca PC Potato Medical 3/8/2022 Chicken Tanders Win BBQ Sauca PC Potato Medical 3/8/2022 Chicken Tanders Win BBQ Sauca PC Potato Medical 3/8/2022 Chicken Tanders Win BBQ Sauca PC Potato Medical 3/8/2022 Chicken Tanders Win BBQ Sauca PC Potato Medical 3/8/2022 Chicken Tanders Win BBQ Sauca PC Potato Medical 3/8/2022 Chicken Tanders Win BBQ Sauca PC Potato Medical 3/8/2022 Chicken Tanders Win BBQ Sauca PC Potato Medical 3/8/2022 Chicken Tanders Win BBQ Sauca PC Potato Medical 3/8/2022 Chicken Tanders Win BBQ Sauca PC Potato Medical 3/8/2022 Chicken Tanders Win BBQ Sauca PC Taco Meat, Shred Chieses Sinu Milk Sir Particks Day 3/1/2022 Chicken Tanders Win BBQ Sauca PC Taco Meat, Shred Chieses Sinu Milk Sir Particks Day 3/1/2022 Chicken Tanders Win BBQ Sauca PC Silm Milk Sir Particks Day 3/1/2022 Chicken Tanders Win BBQ Sauc		•	Wednesday 3/2/2022		_
Baked Potato/Sour Cream PC Commaine Blend Salad/Dress Combread/Marg Tropical Fruit 1 % or Skim Milk 1 % or Skim Milk 2 free Potato Green Peas Pumpernickal Bread/Marg Apricot Halves 1 % or Skim Milk Ash Wednesday 3/7/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/2022 3/8/202					
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Conhread/Marg Tropical Fruit 1% or Skim Milk Monday		Romaine Blend Salad/Dress	Baked Sweet Potato	· ·	_
Tropical Fruit 1% or Skim Milk 1% or Skim Milk 2/7022 Tuesday 3/70222 Tuesday 3/70222 Tuesday 3/70222 Tuesday 3/70222 Turkey Breast & Gravy Potato Medley Spinach Casserole WG Breadstick/Marg Diced Peaches 1% or Skim Milk Monday Tuesday 3/1/2022 Tuesday 3/1/	Hella March!	Cornbread/Marg		_	
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Zucchini & Tomatoes W. Leaf Lettruce, Tomato, Red Onions & Pickle Slices Potato Wedges Diced Pears 1% or Skim Milk Nordsy 3/14/2022 3/15/2022 3/15/2022 3/15/2022 3/15/2022 3/15/2022 3/16/2022 3/17/2022 3/18/2022 3/18/2022 Thursday 3/18/2022 Thursda	•	<u> </u>			Baked Sweet Potato
MG Dinner Roll/Marg Diced Pears Potato Wedges Potato Wedges Chocolate Chip Muffin 1% or Skim Milk Monday 3/14/2022 Chicken Tenders with BBQ Sauce PC Potato Medley Spinach Casserole WG Breadstick/Marg Diced Peaches 1% or Skim Milk Monday 3/14/2022 Chicken Tenders with BBQ Sauce PC Potato Medley Spinach Casserole WG Breadstick/Marg Diced Peaches 1% or Skim Milk Monday Tuesday 3/12/202 Chicken Tenders with BBQ Sauce PC Potato Medley Spinach Casserole WG Breadstick/Marg Diced Peaches 1% or Skim Milk Monday Tuesday 3/12/202 Tender Monday Tuesday Thursday 3/12/202 Tender Monday Tuesday 3/12/202 Tender Monday Tuesday Thursday 3/12/202 Tender Monday Tuesday 3/12/202 Tender Monday Tuesday 3/12/202 Tender Monday Tuesday Thursday 3/12/202 Tender Monday Tuesday 3/12/202 Tender Monday Tuesday Thursday	Zucchini & Tomatoes	-	•	• •	Spring Blend Vegetables
Diced Pears 1% or Skim Milk Monday 3/14/2022 Tuesday 3/15/2022 Thicken Tenders with BBQ Sauce PC Potato Medley Spinach Casserole WG Breadstick/Marg Diced Peaches 1% or Skim Milk Monday 3/21/2022 Thore Skim Milk Monday 3/14/2022 Taco Meal, Shred Cheese Shred Lettuce, Diced Tomato Fista Corn Marble Bread/Marg Diced Peaches 1% or Skim Milk Monday 3/21/2022 The state Corned Beef 1% or Skim Milk Monday 3/21/2022 The state Corned Beef 1% or Skim Milk Monday 3/21/2022 The state Corned Beef 1% or Skim Milk Monday 3/21/2022 The state Corned Beef 1% or Skim Milk Monday 3/21/2022 The state Corned Beef 1% or Skim Milk Monday 3/21/2022 The state Corned Beef 1% or Skim Milk Monday 3/21/2022 The state Corned Beef 1% or Skim Milk Monday 3/21/2022 The state Corned Beef 1% or Skim Milk Monday 3/21/2022 Thursday 3/22/2022 Thurs	WG Dinner Roll/Marg	•	WG Dinner Roll/Marg		
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Monday 3/14/2022 Soft Shell Beef Taco With BBQ Sauce PC Potato Medley Spinach Casserole WG Breadstick/Marg Diced Peaches 1% or Skim Milk Monday 3/21/2022 Ham & Northern Beans Broccoli Corbersad/Marg Cherry Cobbler or Applesauce Othery Cobbler or Applesauce Other Skim Milk Monday 3/22/2022 Hawaiian BBQ Chicken Brown Rice Pilaf Winter Blend Heavy Hearth Roll/Marg Frosted Brownie 1% or Skim Milk Frosted Brownie Or Diet Cookies Since Action Rashed Potatoes Shred Lettuce, Diced Tomato Brussels Sprouts Marble Bread/Marg Brussels Sprouts Marble Bread/Marg Classic Fruit Salad 1% or Skim Milk St Patrick's Day Thursday 3/22/2022 Ham & Northern Beans Broccoli Combread/Marg Cherry Cobbler Oatmeal Raisin Cookie 1% or Skim Milk Monday 3/28/2022 Hawaiian BBQ Chicken Brown Rice Pilaf Winter Blend Heavy Hearth Roll/Marg Frosted Brownie 1% or Skim Milk Frosted Brownie or Diet Cookies 1% or Skim Milk Frosted Brownie Or Diet Cookies 1% or Skim Milk Frosted Brownie Or Diet Cookies 1% or Skim Milk Frosted Brownie Or Diet Cookies 1% or Skim Milk Frosted Brownie Or Diet Cookies 1% or Skim Milk Frosted Brownie Or Diet Cookies 1% or Skim Milk Frosted Brownie Or Diet Cookies 1% or Skim Milk Frosted Brownie Or Diet Cookies 1% or Skim Milk Frosted Brownie Or Diet Cookies 1% or Skim Milk Frosted Brownie Or Diet Cookies 1% or Skim Milk Frosted Brownie Or Diet Cookies 1% or Skim Milk Frosted Brownie Or Diet Cookies 1% or Skim Milk Frosted Brownie Or Diet Cookies 1% or Skim Milk Frosted Brownie Or Diet Cookies 1% or Skim Milk Frosted Brownie Or Diet Cookies 1% or Skim Milk Frosted Brownie Or Plain Cake Square Sour Cream PC Nashed Potatoes Scasoned Potato Scasoned Potatoe Seasoned Potato Seasoned Potato Seasoned Potatoe Seasoned Potato Seasoned Potatoe S	.,			· ·	
Soft Shell Beef Taco Soft Shell Beef Taco Taco Meat, Shred Cheese Taco Meat, Shred Cheese Shred Lettuce, Diced Tomato Fiesta Corn Shred Lettuce, Diced Pears Firit Cocktail Tartar Sauce PC 1% or Skim Milk Sr Partick's Day Firiday 3/23/2022 3/23/2022 3/23/2022 3/23/2022 3/23/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 Seasoned Potato Wedges Diced Sweet Polatobes Fortune Cookie Diced Pears Pincapple Tidbits Pincapple Tidbi		.,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	.,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	.,	.,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
Soft Shell Beef Taco Soft Shell Beef Taco Taco Meat, Shred Cheese Taco Meat, Shred Cheese Shred Lettuce, Diced Tomato Fiesta Corn Shred Lettuce, Diced Pears Firit Cocktail Tartar Sauce PC 1% or Skim Milk Sr Partick's Day Firiday 3/23/2022 3/23/2022 3/23/2022 3/23/2022 3/23/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 3/24/2022 Seasoned Potato Wedges Diced Sweet Polatobes Fortune Cookie Diced Pears Pincapple Tidbits Pincapple Tidbi	Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Tenders with BBQ Sauce PC Potato Medley Spinach Casserole WG Breadstick/Marg Diced Peaches 1% or Skim Milk Monday 3/21/2022 Ham & Northern Beans Broccoli Cornbread/Marg Cherry Cobbler Or Applesauce Or Applesauce 1% or Skim Milk Monday 3/28/2022 Hawaiian BBQ Chicken Brown Rice Plaid Winter Blend Heavy Hearth Roll/Marg Fruit Mix Winter Blend Heavy Hearth Roll/Marg Fruit Mix Wor Skim Milk Monday 3/28/2022 Hawaiian BBQ Chicken Brown Rice Plaid Winter Blend Heavy Hearth Roll/Marg Fruit Mix Nor Skim Milk Nor	•	-	•	-	_
with BBQ Sauce PC Potato Medley Spinach Casserole WG BreadStick/Marg Diced Peaches 1% or Skim Milk Monday 3/21/2022 Ham & Northern Beans Broccoli Cornbread/Marg Othery Cobbler or Applesauce 1% or Skim Milk Monday 1% or Skim Milk Monday 1% or Skim Milk Tuesday 3/22/2022 Ham & Northern Beans Broccoli Cornbread/Marg Othery Cobbler or Applesauce 1% or Skim Milk Monday 1% or Skim Milk Monday 1% or Skim Milk Marble Rye Bread/Marg Cherry Cobbler or Applesauce 1% or Skim Milk Monday 1% or Skim Milk Monday 1% or Skim Milk Morble Rye Bread/Marg Cherry Cobbler or Applesauce 1% or Skim Milk Monday 1					
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1% or Skim Milk Glazed Pineapple or PI Pineapple 1% or Skim Milk 1% or Skim Mi	9				
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Monday 3/21/2022 Ham & Northern Beans Broccoli Combread/Marg Cherry Cobbler or Applesauce 1% or Skim Milk Monday 3/28/2022 Silced Roast Beef & Gravy Brown Rice Pilaf Winter Blend Heavy Hearth Roll/Marg Fruit Mix 1% or Skim Milk Frosted Brownie or Diet Cookies 1% or Skim Milk Frosted Brownie or Diet Cookies 1% or Skim Milk Frosted Brownie or Diet Cookies 1% or Skim Milk Frosted Brownie or Diet Cookies 1% or Skim Milk Friedday 3/25/2022 Teriyaki Meatballs Oriental Blend Vegetables Oriental Blend Vegetables Diced Sweet Potatoes Seasoned Potato Wedges Italian Blend Vegetables Pineapple Tidbits 1% or Skim Milk 1% or				X .	*
Size	Monday		Wednesday	•	Friday
Broccoli Cornbread/Marg Cherry Cobbler or Applesauce 1% or Skim Milk Monday 3/28/2022 Hawaiian BBQ Chicken Brown Rice Pilaf Winter Blend Heavy Hearth Roll/Marg Fruit Mix 1% or Skim Milk Garlic Whip Potatoes Roasted Baby Carrots Marble Rye Bread/Marg Ootmeal Raisin Cookie or Obiet Cookies 1% or Skim Milk Monday 3/28/2022 Hawaiian BBQ Chicken Brown Rice Pilaf Winter Blend Heavy Hearth Roll/Marg Fruit Mix 1% or Skim Milk Or Or Skim Milk With Shredded Mozzarella Cheese Seasoned Potato Wedges Litalian Blend Vegetables 1% or Skim Milk 1% or Skim Milk 1% or Skim Milk Nor Skim Milk Shredded Mozzarella Cheese Seasoned Potato Wedges Normaine Blend Salad Dressing Pc WG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk Nor Skim Milk	I -	3/22/2022	_	3/24/2022	-
Cornbread/Marg Cherry Cobbler or Applesauce 1% or Skim Milk Monday 3/28/2022 Hawaiian BBQ Chicken Brown Rice Pilaf Winter Blend Heavy Hearth Roll/Marg Fruit Mix 1% or Skim Milk Roasted Baby Carrots Marble Rye Bread/Marg Oatmeal Raisin Cookie or Diet Cookies 1% or Skim Milk Tuesday 3/29/2022 Bliced Roast Beef & Gravy Mashed Potatoes Glazed Diced Beets Fortune Cookie Cinn. Raisin Bread/Marg Diced Pears 1% or Skim Milk Tuesday 3/29/2022 Howaiian BBQ Chicken Brown Rice Pilaf Winter Blend Heavy Hearth Roll/Marg Fruit Mix 1% or Skim Milk Frosted Brownie 1% or Skim Milk Diced Sweet Potatoes Fortune Cookie Cinn. Raisin Bread/Marg Diced Pears 1% or Skim Milk Wednesday 3/30/2022 Roasted Pork Chop with Apple Chutney Baked Potato Green Peas Romaine Blend Salad Dressing Pe WG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk Beefy Mac Casserole with Cavatappi Noodles Romaine Blend Salad/Dress Capri Blend Vegetables 100% Whole Grain Bread/Marg Mandarin Oranges 100% Whole Grain Bread/Marg Mandarin Oranges 100% Whole Grain Bread/Marg Mandarin Oranges 1% or Skim Milk * Items to be heated or microwaved at the centers	Ham & Northern Beans	Chicken with Supreme Sauce	Teriyaki Meatballs	Pizza Joe Sandwich	Cheese Ravioli in Marinara
Cornbread/Marg Cherry Cobbler or Applesauce 1% or Skim Milk Monday 3/28/2022 Hawaiian BBQ Chicken Brown Rice Pilaf Winter Blend Heavy Hearth Roll/Marg Fruit Mix 1% or Skim Milk Roasted Baby Carrots Marble Rye Bread/Marg Oatmeal Raisin Cookie or Diet Cookies 1% or Skim Milk Tuesday 3/29/2022 Bliced Roast Beef & Gravy Mashed Potatoes Glazed Diced Beets Fortune Cookie Cinn. Raisin Bread/Marg Diced Pears 1% or Skim Milk Tuesday 3/29/2022 Howaiian BBQ Chicken Brown Rice Pilaf Winter Blend Heavy Hearth Roll/Marg Fruit Mix 1% or Skim Milk Frosted Brownie 1% or Skim Milk Diced Sweet Potatoes Fortune Cookie Cinn. Raisin Bread/Marg Diced Pears 1% or Skim Milk Wednesday 3/30/2022 Roasted Pork Chop with Apple Chutney Baked Potato Green Peas Romaine Blend Salad Dressing Pe WG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk Beefy Mac Casserole with Cavatappi Noodles Romaine Blend Salad/Dress Capri Blend Vegetables 100% Whole Grain Bread/Marg Mandarin Oranges 100% Whole Grain Bread/Marg Mandarin Oranges 100% Whole Grain Bread/Marg Mandarin Oranges 1% or Skim Milk * Items to be heated or microwaved at the centers	Broccoli	Garlic Whip Potatoes	Oriental Blend Vegetables	on WG Hamburger Bun	with Shredded Mozzarella
Cherry Cobbler or Applesauce 1% or Skim Milk Monday 3/28/2022 Hawaiian BBQ Chicken Brown Rice Pilaf Winter Blend Heavy Hearth Roll/Marg Frosted Brownie Fruit Mix 1% or Skim Milk Marble Rye Bread/Marg Oatmeal Raisin Cookie Or Diet Cookies 1 % or Skim Milk Tuesday 3/28/2022 Hawaiian BBQ Chicken Brown Rice Pilaf Frosted Brownie Fruit Mix 1% or Skim Milk Frosted Brownie Or Diet Cookies Sliced Roast Beef & Gravy Mashed Potatoes Glazed Diced Beets Vienna Bread/Marg Fruit Mix 1% or Skim Milk Frosted Brownie Or Diet Cookies 1% or Skim Milk Frosted Brownie Or Diet Cookies 1% or Skim Milk Frosted Brownie Or Diet Cookies 1% or Skim Milk Frosted Brownie Or Plain Cake Square Sour Cream PC 1% or Skim Milk Fortune Cookie Cinn. Raisin Bread/Marg Diced Pears 1% or Skim Milk NG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk Dressing Pc WG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk NG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk NG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk NG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk NG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk NG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk NG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk NG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk NG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk NG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk NG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk NG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk NG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk NG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk NG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk NG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk	Cornbread/Marg			Shredded Mozzarella Cheese	Green Peas
or Applesauce 1% or Skim Milk Monday 3/28/2022 Hawaiian BBQ Chicken Brown Rice Pilaf Winter Blend Heavy Hearth Roll/Marg Fruit Mix Frosted Brownie Fruit Mix 1% or Skim Milk Oatmeal Raisin Cookie or Diet Cookies 1% or Skim Milk Cinn. Raisin Bread/Marg Diced Pears 1% or Skim Milk Wednesday 3/30/2022 Roasted Pork Chop with Apple Chutney Baked Potato Glazed Diced Beets Vienna Bread/Marg Frosted Brownie Or Diet Cookies 1% or Skim Milk Or Diet Cookies 1% or Skim Milk Dressing Pc WG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk Beefy Mac Casserole with Cavatappi Noodles Romaine Blend Salad/Dress Capri Blend Vegetables 100% Whole Grain Bread/Marg Mandarin Oranges 1% or Skim Milk * Items to be heated or microwaved at the centers	Cherry Cobbler	Marble Rye Bread/Marg	Fortune Cookie	Seasoned Potato Wedges	Romaine Blend Salad
1% or Skim Milk Monday 3/28/2022 Hawaiian BBQ Chicken Brown Rice Pilaf Winter Blend Heavy Hearth Roll/Marg Fruit Mix 1% or Skim Milk Monday 3/2 Nor Skim Milk Diced Pears 1% or Skim Milk Mednesday 3/30/2022 Roasted Pork Chop with Apple Chutney Baked Potatoe Glazed Diced Beets Vienna Bread/Marg Fruit Mix 1% or Skim Milk Mednesday 3/30/2022 Roasted Pork Chop with Apple Chutney Baked Potato Green Beans WG Dinner Roll/Marg Strawberry Shortcake or Plain Cake Square Sour Cream PC 1% or Skim Milk WG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk WG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk NG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk NG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk NG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk NG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk NG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk NG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk NG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk NG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk NG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk	-	Oatmeal Raisin Cookie	Cinn. Raisin Bread/Marg	Italian Blend Vegetables	Dressing Pc
Monday 3/28/2022 Hawaiian BBQ Chicken Brown Rice Pilaf Winter Blend Heavy Hearth Roll/Marg Fruit Mix 1% or Skim Milk Sliced Roast Beef & Gravy Mashed Potatoes Glazed Diced Beets Vienna Bread/Marg Frosted Brownie 1% or Skim Milk Or Diet Cookies 1% or Skim Milk Mednesday 3/30/2022 Roasted Pork Chop with Apple Chutney Baked Potato Baked Potato Green Beans WG Dinner Roll/Marg Strawberry Shortcake or Plain Cake Square Sour Cream PC 1% or Skim Milk * Items to be heated or microwaved at the centers	1% or Skim Milk	or Diet Cookies	Diced Pears		WG Breadstick/Marg
Monday 3/28/2022 Hawaiian BBQ Chicken Brown Rice Pilaf Winter Blend Heavy Hearth Roll/Marg Fruit Mix 1% or Skim Milk Wonday 3/29/2022 Sliced Roast Beef & Gravy Mashed Potatoes Glazed Diced Beets Vienna Bread/Marg Frosted Brownie 1% or Skim Milk Wednesday 3/30/2022 Roasted Pork Chop with Apple Chutney Baked Potato Baked Potato Green Beans WG Dinner Roll/Marg Strawberry Shortcake or Plain Cake Square Sour Cream PC 1% or Skim Milk * Items to be heated or microwaved at the centers		1% or Skim Milk	1% or Skim Milk	1% or Skim Milk	Peaches & Strawberries
3/28/20223/29/20223/30/20223/31/2022Hawaiian BBQ Chicken Brown Rice Pilaf Winter BlendSliced Roast Beef & Gravy Mashed PotatoesRoasted Pork Chop with 					1% or Skim Milk
3/28/20223/29/20223/30/20223/31/2022Hawaiian BBQ Chicken Brown Rice Pilaf Winter BlendSliced Roast Beef & Gravy Mashed PotatoesRoasted Pork Chop with Apple ChutneyBeefy Mac Casserole with Cavatappi Noodles Romaine Blend Salad/Dress Capri Blend VegetablesHeavy Hearth Roll/Marg Fruit Mix 1% or Skim MilkFrosted Brownie or Diet Cookies 1% or Skim MilkWG Dinner Roll/Marg Strawberry Shortcake or Plain Cake Square Sour Cream PC 1% or Skim MilkMandarin Oranges 1% or Skim Milk	Monday	Tuesday	Wednesday	Thursday	
Brown Rice Pilaf Winter Blend Heavy Hearth Roll/Marg Fruit Mix 1% or Skim Milk Winter Blend Heavy Hearth Roll/Marg 1% or Skim Milk Apple Chutney Baked Potato Green Beans WG Dinner Roll/Marg Strawberry Shortcake or Plain Cake Square Sour Cream PC 1% or Skim Milk With Cavatappi Noodles Romaine Blend Salad/Dress Capri Blend Vegetables 100% Whole Grain Bread/Marg Mandarin Oranges 1% or Skim Milk * Items to be heated or microwaved at the centers	3/28/2022		_		
Winter Blend Heavy Hearth Roll/Marg Fruit Mix 1% or Skim Milk Glazed Diced Beets Vienna Bread/Marg Frosted Brownie or Diet Cookies 1% or Skim Milk Frosted Brownie Or Diet Cookies 1% or Skim Milk Frosted Brownie Or Diet Cookies 1% or Skim Milk Frosted Brownie Or Diet Cookies 1% or Skim Milk Frosted Brownie Or Diet Cookies 1% or Skim Milk Frosted Brownie Or Diet Cookies 1% or Skim Milk Frosted Brownie Or Diet Cookies 1% or Skim Milk Frosted Brownie Or Diet Cookies 1% or Skim Milk Frosted Brownie Or Diet Cookies Or Plain Cake Square Sour Cream PC 1% or Skim Milk Thems to be heated or microwaved at the centers	Hawaiian BBQ Chicken	Sliced Roast Beef & Gravy	Roasted Pork Chop with	Beefy Mac Casserole	
Heavy Hearth Roll/Marg Fruit Mix 1% or Skim Milk Vienna Bread/Marg Frosted Brownie or Diet Cookies 1% or Skim Milk Or Skim Milk Sour Cream PC 1% or Skim Milk The standard of the standard o	Brown Rice Pilaf	Mashed Potatoes	Apple Chutney	with Cavatappi Noodles	
Fruit Mix 1% or Skim Milk or Diet Cookies 1% or Skim Milk Or Skim Milk Or Diet Cookies 1% or Skim Milk Or Skim Milk Or Diet Cookies 1% or Skim Milk Items to be heated Or microwaved at the centers	Winter Blend	Glazed Diced Beets	Baked Potato	Romaine Blend Salad/Dress	
1% or Skim Milk or Diet Cookies 1% or Skim Milk or Plain Cake Square Sour Cream PC 1% or Skim Milk the centers Strawberry Shortcake Mandarin Oranges 1% or Skim Milk * Items to be heated or microwaved at the centers	Heavy Hearth Roll/Marg	Vienna Bread/Marg	Green Beans	Capri Blend Vegetables	
1% or Skim Milk or Plain Cake Square 1% or Skim Milk * Items to be heated Sour Cream PC or microwaved at 1% or Skim Milk the centers	Fruit Mix	Frosted Brownie	WG Dinner Roll/Marg	100% Whole Grain Bread/Marg	LUNCLA
Sour Cream PC or microwaved at 1% or Skim Milk the centers	1% or Skim Milk	or Diet Cookies	Strawberry Shortcake	Mandarin Oranges	
1% or Skim Milk the centers		1% or Skim Milk	or Plain Cake Square	1% or Skim Milk	* Items to be heated
			Sour Cream PC		or microwaved at
Menus subject to change			1% or Skim Milk		
					Menus subject to change