

**SERVING SIZES**

Grains – 2 ounces  
 Vegetables – ½ cup  
 Fruits – ½ cup  
 Protein – 3 ounces  
 Dairy – 1 cup

# March 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<b>Bread &amp; Milk Served Daily</b>				
6 Minestrone soup Shepard's pie Mashed potato Mixed vegetable Multi grain roll Pudding	7 Tomato Soup French onion baked chicken Green beans Rice pilaf Fruit Sliced multi grain bread	8 Mushroom barley soup American chop suey Zucchini w baby carrots Ww roll Oatmeal raisin cookie	9 Vegetable soup Chicken parm Potatoes wedges Mixed vegetables - roll Cake	10 Clam chowder (red) Baked fish Italiano w /sauteed vegetables Rice pilaf Sliced bread- Fruit
13 Tomato soup BBQ chicken sandwich Cole slaw Pasta salad Roll (whole wheat) Chocolate chip cookie	14 Navy bean soup Stuffed shell w/meatball Garlic bread Italian mixed vegetables Mixed fruit	15 Chicken and escarole soup Sloppy joe Potato salad 3- bean salad Whole Wheat roll - cookie	16 Spilt pea soup Corned beef Cabbage & carrots Boiled potatoes Irish soda bread Apple strudel cake	17 Kale & bean soup Baked cod provencal Spanish rice Peas & onions Fruit salad
20 Beef Barley soup Chicken leg quarter Creamed spinach Sweet potato Roll Brownie	21 Lentil soup Braised beef Sliced carrots Mashed potatoes Roll Pudding	22 Tomato soup Swedish meatballs Rice pilaf Zucchini & carrots Fresh fruit/ Muti grain bread	23 Minestrone Soup BBQ pulled pork Sandwich Cole slaw Baked beans Whole Wheat Roll Oatmeal cookie	24 Clam chowder (white) Fish cake Spanish rice Mixed vegetables Sliced bread Fruit
27 Potato leek soup Chicken cacciatore Black beans & rice Fruit – Whole Wheat roll	28 Southern Brunswick stew Cole slaw Corn bread Mixed fruit	29 Mushroom barley soup Lasagna roll w/ meat sauce Italian green beans Garlic bread Pound cake	30 Chicken soup Salisbury steak w/gravy Mashed potatoes Baby carrots Ww roll - fruit	31 Tomato soup Mediterranean baked fish Rice pilaf/ green beans Ww roll- Cookie