






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Due to unavailability of certain items, appropriate substitutions may need to be made.</p> <p>**Milk is served every meal.</p>	<p> - Vegetarian Entrée</p> <p> ≥ 1000mg Sodium</p>			<p>1</p> <p>A-Turkey Rice Casserole B- Beef Shepherd's Pie Stewed Tomatoes Steamed Cauliflower Whole Wheat Breadstick Tropical Punch</p>
<p>4</p> <p>A-Ron Lantz's Meatloaf with Brown Gravy B- Baked Chicken with Gravy Macaroni and Cheese Green Beans with Red Peppers Wheat Bread Fresh Fruit</p>	<p>5</p> <p>A-Sausage Jambalaya B- Chicken Etouffee Black-Eyed Peas Okra and Tomatoes Saltine Crackers Fresh Banana</p>	<p>6</p> <p>Ash Wednesday 10 Grain Pollock Confetti Brown Rice Mixed Vegetables Wheat Bread Butterscotch Swirl Pudding Tartar Sauce</p>	<p>7</p> <p>A-Sloppy Joe B- BBQ Diced Chicken Parslied Potatoes Coleslaw Hamburger Bun Hot Apple Raisin Compote</p>	<p>8</p> <p>Lent Bean Chili Sliced Carrots Spinach Cornbread Grape Juice Margarine</p>
<p>11</p> <p>A-Balsamic Brown Sugar Chicken B- Mushroom Pork Patty Brown Rice Florentine Broccoli with Red Peppers Wheat Bread Fresh Fruit Margarine</p>	<p>12</p> <p>A-Pizza Casserole B- Chicken Spaghetti Herbed Green Beans Parslied Carrots Whole Wheat Breadstick Fresh Fruit</p>	<p>13</p> <p>A-Turkey Taco B- Carne Guisada Pinto Beans Fiesta Vegetables Wheat Tortilla Fruited Cherry Gelatin Taco Sauce</p>	<p>14</p> <p>A-Herbed Pork Loin B- Spinach Turkey Breast Mashed Sweet Potatoes Cauliflower Wheat Bread Banana Pudding</p>	<p>15</p> <p>St. Patrick's Day/Lent Potato Crusted Fish Parslied Potatoes Medley Cabbage Dinner Roll Lime Fluff Tartar Sauce</p>
<p>18</p> <p>A-Apricot Pork Patty B- Meatloaf with Onion Gravy Green Peas Squash Medley Wheat Bread Fresh Fruit</p>	<p>19</p> <p>A-Beef Pepper Casserole B- Cheesy Chicken Macaroni Broccoli Stewed Tomatoes Whole Wheat Breadstick Fresh Fruit</p>	<p>20</p> <p>A-Lemongrass Chicken Thigh B- Breaded Pork Patty with Gravy Whipped Potatoes with Skins Medley Cabbage Wheat Bread Tutti Fruitti Pudding</p>	<p>21</p> <p>A-Roast Beef with Brown Gravy B- Potato Crusted Fish Brown Rice Mixed Vegetables Wheat Bread Fruited Strawberry Gelatin</p>	<p>22</p> <p>Lent Cheese Omelet Grits Hot Spiced Apples Biscuit Orange Juice Picante Sauce</p>
<p>25</p> <p>A-Rosemary Beef B- Pesto Chicken Patty Orzo with Asparagus Dilled Carrots Texas Bread Fresh Fruit</p>	<p>26</p> <p>A-Turkey and Dumplings B- Quinoa Primavera with Sausage Herbed Green Beans Cauliflower Wheat Bread Pineapple Pudding</p>	<p>27</p> <p>A-Dan Pruett's Burger B- Breaded Fish Lettuce and Tomato Baked Beans Hamburger Bun Hot Fruit Compote Mustard and Ketchup</p>	<p>28</p> <p>A-Pork Carnitas B- Chicken Fajita Spanish Brown Rice Cheesy Spinach Wheat Tortilla Fruited Orange Gelatin Taco Sauce</p>	<p>29</p> <p>Lent Three Cheese Ziti Broccoli Diced Beets Whole Wheat Breadstick Tropical Punch</p>

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