

March Cold Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 TUNA SALAD 12gm GREENS, EGGS, TOMATOES GARBANZO BEAN SALAD 23gm CRUSHED PINEAPPLES 12gm WHOLE GRAIN ROLL 35gm
4 GRILLED CHICKEN PASTA SALAD 15gm KIDNEY BEAN SALAD 21gm MANDARIN ORANGES 12gm WHOLE GRAIN ROLL 35gm	5 THAI BEEF SALAD 7gm CITRUS CABBAGE SLAW 10gm PEARS 9gm WHOLE GRAIN ROLL 35gm	6 CHEF SALAD WITH TURKEY, EGGS & TOMATOES COTTAGE CHEESE 3gm PEACHES 13gm CROUTONS 5gm	7 PESTO CHICKEN PASTA 28gm MAR. TOMATOES AND ONION 3gm FRUIT COCKTAIL 13gm WHOLE GRAIN ROLL 35gm	8 CREAMY CRAB AND DILL PASTA 27gm MARINATED CUCUMBERS 2gm MANDARIN ORANGES 12gm WHOLE GRAIN ROLL 35gm
11 TURKEY TWIST PASTA SALAD 20gm RED GRAPES 14gm CORN AND BEAN SALAD 27gm WHOLE GRAIN ROLL 35gm	12 CHICKEN PESTO PASTA 28gm MARINATED TOMATOES & ONIONS 3gm FRUIT COCKTAIL 12gm WHOLE GRAIN ROLL 35gm	13 HONEY HAM AND CHEDDAR 48gm WHOLE WHEAT BUN AND LETTUCE COLESLAW 9gm PEARS 9gm MUSTARD PACKET	14 CHICKEN SALAD ON LEAF LETTUCE CANTALOUPE SLICE 9gm ZUCCHINI SLAW 7gm APPLE SAUCE 11gm WHOLE WHEAT CRACKERS 5gm	15 EGG SALAD ON GREENS BROCCOLI 5gm TROPICAL FRUIT 11gm WHOLE GRAIN ROLL 35gm
18 HAM SALAD ON GREENS 14gm WINTER BEAN SALAD 27gm PEARS 9gm WHOLE GRAIN ROLL 35gm	19 CHINESE CHICKEN SALAD 32 gm CALIFORNIA SALAD 12gm MANDARIN ORANGES 13gm CHOW MEIN NOODLES 9gm	20 TUNA ROTINI PASTA SALAD 26gm BROCCOLI SALAD 10gm STRAWBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm	21 HONEY CINNAMON CREAM CHEESE 8gm RED GRAPES 13gm PINEAPPLE TIDBITS 12gm BLACK EYED PEA SALAD 16gm WHOLE WHEAT BAGEL 33gm	22 ASIAN SEAFOOD SALAD 10gm CARROT AND RAISIN SLAW 7gm MIXED FRUIT 11gm WHOLE GRAIN ROLL 35gm
25 MEDITERRANEAN TURKEY SALAD 17 gm PINEAPPLE CHUNKS 16gm MOZZERELLA CHEESE 48 gm WHOLE GRAIN ROLL 35gm	26 ZESTY BEEF PASTA SALAD 12gm MARINATED CUCUMBERS 2gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm	27 SPICY CHICKEN WRAP 23gm THREE BEAN SALAD 14gm CRUSHED PINEAPPLE 12gm	28 CRAB SALAD ON GREENS 17 gm TOMATO AND EGG WEDGES WINTER BEAN SALAD 16GM APPLE SAUCE 11gm WHOLE GRAIN ROLL 35gm	29 VEGETARIAN TACO SALAD 29gm COTTAGE CHEESE 3gm RED GRAPES 14gm TORTILLA CHIPS 20gm TACO SAUCE AND RANCH PACKET



If you are not available to receive your daily meal, please call ahead of time to cancel. 269-382-0515. Kalamazoo, Ext. 300. Calhoun, Ext. 350.

