

March Hot Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 MACARONI AND CHEESE 19gm SAUTEED SPINACH 3gm OATMEAL CAKE 36gm WHOLE GRAIN ROLL 35gm
4 FRENCH TOAST BAKE 27gm RUTABAGA HASH 4gm SAUSAGE LINKS 0gm FRUIT MUFFIN 16gm	5 CHICKEN AND RICE CASSEROLE 42gm SAUTEED CARROTS 4gm WARM CINNAMON APPLES 2gm BUTTERMILK BISCUIT 21gm	6 MEATLOAF WITH GRAVY 17gm MASHED POTATOES STEWED TOMATOES 4gm CORN PUDDING 22gm WHOLE GRAIN ROLL 35gm	7 CHICKEN CACCIATORE 13gm SAUTEED SPINACH 3gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm	8 SPINACH AND PEPPER QUICHE 20gm VEGETARIAN SAUSAGE PATTY 3gm CINNAMON APPLES 20gm WHOLE GRAIN ROLL 35gm
11 SESAME CHICKEN 27gm WHITE RICE WAX BEANS AND PEPPERS 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES	12 MEAT LASAGNA 29gm CALIFORNIA BLEND VEGETABLES 1gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm	13 COUNTRY FRIED CHICKEN 28gm MASHED POTATO & GRAVY 28gm SWEET CORN 15gm PEACH COBBLER 26gm CORNBREAD MUFFIN 30gm	14 <small>ST. PATRICKS DAY MEAL</small> CORNBEEF & CABBAGE RUTABAGA HASH 4gm IRISH VANILLA CAKE WHOLE GRAIN ROLL 35gm	15 VEGETABLE LASAGNA 56gm HARVARD BEETS 8gm MIXED BERRY COBBLER 18gm WHOLE GRAIN ROLL 35gm
18 BEEF ENCHILADA BAKE 13gm CILANTRO RICE 27gm APPLE COBBLER 26gm WHOLE GRAIN ROLL 35gm	19 QUICHE LORRAINE WITH BACON 4gm POTATOES O"BRIEN 12gm PEACH CRISP 22gm FRUIT MUFFIN 16gm	20 BBQ CHICKEN THIGH 2gm COLLARD GREENS 4gm BANANA BREAD PUDDING 17gm BUTTERMILK BISCUIT 21gm	21 PORK ROAST 2gm MASHED POTATOES AND GRAVY 17gm CORN, PEAS, & CARROTS 6gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm	22 VEGETABLE ALFREDO 18gm WAX BEANS & PEPPERS 5gm BANANA CARAMEL CAKE 34gm WHOLE GRAIN ROLL 35gm
25 CHICKEN POT PIE 14gm MAPLE GLAZED CARROTS 15gm APPLE CRUMB CAKE 56gm BUTTERMILK BISCUIT 21gm	26 DIRTY RICE 14gm BLACK EYED PEAS 21gm CHERRY COBBLER 20gm WHOLE GRAIN ROLL 35gm	27 BEEF TIPS 3gm MASHED POTATOES 17gm GREEN BEANS AND CARROTS 7gm PEACHES & CREAM 12gm BUTTERMILK BISCUIT 21gm	28 HERB ROASTED CHICKEN 0gm BRUSSELS SPROUTS 7gm CHERRY CRISP 19gm WHOLE GRAIN ROLL 35gm	29 BLACKENED TILAPIA 0gm SAUTEED SPINACH 3gm RICE PUDDING 18gm CORNBREAD MUFFIN 30gm



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.

