


<p>March 2019</p> 	<p>Happy Birthday</p> <p>Marion McCartney 7 Charlie Jack 10 Jim Jones 14 Bob Meyer 21 Paul Blight 23</p>				<p>FRIDAY 1</p> <p>Sloppy Jo Tater Tots Asparagus Banana Milk</p>	<p>SATURDAY 2</p>
<p>Recommended Serving Sizes</p> <p>3 oz. meat ½ cup of vegetables ½ cup of fruit 2 servings of bread or complex carbohydrate 1 cup of 2% milk</p>	<p>MONDAY 4</p> <p>Baked Ham Baked Potato Brussels Sprouts Wheat Bread Purple Plums Milk</p>	<p>TUESDAY 5</p> <p>Grilled Chicken Sandwich Pasta Salad Green Beans Tropical Fruit Milk</p>	<p>WEDNESDAY 6</p> <p>Spaghetti/meat sauce Tossed Salad Garlic Bread Orange Jell-O Topping/WOranges Milk</p>	<p>THURSDAY 7</p> <p>Country Fried Steak Mash. Pot./gravy Corn Wheat Roll Apricots Milk</p>	<p>FRIDAY 8</p> <p>Baked Fish Parsley, Potatoes Mixed Vegetables Wheat Bread Fruit Cocktail Milk</p>	<p>SATURDAY 9</p> <p>Elk Mt Breakfast 9:00 A.M. French Toast Bacon Milk; Juice</p>
	<p>MONDAY 11</p> <p>Salisbury Steak Mash. Pot./gravy Asparagus Wheat Roll Pears Milk</p>	<p>TUESDAY 12</p> <p>Baked Pork Chop Wild Rice Blend Broccoli Wheat Bread Strawberries Milk</p>	<p>WEDNESDAY 13</p> <p>Meat Loaf O'Brien Potatoes Cauliflower Wheat Roll Purple Plums Milk</p>	<p>THURSDAY 14</p> <p>Chicken Strips Cheesy Tots Beets Wheat Bread Peaches Milk</p>	<p>FRIDAY 15</p> <p>Corned Beef Parsley Potatoes Cabbage Wheat Roll ½ Orange Lime Jello Poke-Cake Milk</p>	<p>SATURDAY 16</p>
	<p>MONDAY 18</p> <p>White Bean Chicken Chili Tossed Salad Cornbread Apricots Milk</p>	<p>TUESDAY 19</p> <p>Lasagna Italian Vegetables Garlic Bread Pineapple Tidbits Milk</p>	<p>WEDNESDAY 20</p> <p>Sweet/Sour Meatballs Rice Oriental Vegetables Egg Roll Citrus Fruit Milk</p>	<p>THURSDAY 21</p> <p>Beef Roast Mash. Pot./gravy Steamed Carrots Wheat Roll Fruit Cocktail Milk</p>	<p>FRIDAY 22</p> <p>Tuna Salad Sandwich Split Pea Soup Pickle Cherries Brownie Milk</p>	<p>SATURDAY 23</p> <p>Elk Mt Breakfast Sausage Gravy Biscuits Milk; Juice</p>
	<p>MONDAY 25</p> <p>Pork Roast Sweet Potatoes Cauliflower Wheat Roll Applesauce Milk</p>	<p>TUESDAY 26</p> <p>Porcupine Meatballs Mixed Vegetables Wheat Bread Strawberry Shortcake Milk</p>	<p>WEDNESDAY 27</p> <p>Oven Chicken Mash. Pot./gravy Zucchini Wheat Roll Mandarin Oranges Milk</p>	<p>THURSDAY 28</p> <p>Cheeseburger French Fries Carrot Raisin Salad Pears Milk</p>	<p>FRIDAY 29</p> <p>Turkey Fettuccini Beets Pineapple Tidbits Wheat Roll Milk</p>	<p>SATURDAY 30</p> 