

MS Menu March 2023

Assorted Salads and Sandwiches are Served Daily

6-8 Lunch

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

3

1 **Meatloaf Cheese Quesadilla**
Mashed Potatoes 1/2 c w/gravy
Broccoli ¼ c
Mixed Fruit ½ c
Assorted Fresh Fruit

2 **Spaghetti w/ Meat Sauce Cheeseburger/ Hamburger**
Peas ¼ c
Carrots ¼ c
Rosy Applesauce ¼ c
Fresh Fruit ¼ c

3 **Chicken Fried Rice Fish Sticks**
Garden Salad 1 c
Green Beans ½ c
Sliced Pears ½ c
Fresh Fruit ½ c

4 **Taco Soup w/ mini cornbread Hot Dog**
Tater Tots ½ c
Carrots ¼ c
Pears ½ c
Assorted Fresh Fruit ½ c

7 **Sweet & Sour Chicken 1 serving Steamed Brown Rice Cheeseburger**
Steamed Broccoli ¼ c
Mixed Fruit ½ c
Assorted Fresh Fruit

8 **Beef Soft Tacos 2ea Chicken Nuggets**
Pinto Beans ½ cup
Roasted Street Corn ¼ c
Peaches ½ c
Assorted Fruit ½ c

9 **Grilled Ham & Cheese w/ Tomato Soup 1 ea Corn Dog**
Mixed vegetables ¼ c
Celery Sticks ½ c
Mandarin Oranges
Assorted Fresh Fruit

10 **Cheese or Pepperoni Pizza 1 ea Fish Sandwich**
Garden Salad 1 c
Cucumber slices ¼ c
Diced Pears ½ c
Assorted Fresh Fruit

1 **Mac & Cheese Chicken Nuggets/Roll**
Baby Carrots ¼ c
Peas ¼ c
Applesauce ¼ c
Assorted Fresh Fruit

14 **Cheeseburger sliders 2 ea Grilled Cheese Corn Cobbett ½ c Tater Tots ¼ c Applesauce ½ Assorted Fresh Fruit**

15 **Shepherd's Pie Cheese Quesadilla**
Seasoned Broccoli ¼ c
Mixed Fruit ½ c
Assorted Fresh Fruit ½ c

16 **BBQ Chicken 1 serv WG Dinner Roll 1ea Hamburger**
Baked Beans ½ c
Mashed Potatoes ¼ c
Sliced Pears ½ c
Assorted Fresh Fruit

17 **Frito Pie Fish Sandwich 1 ea**
Sweet Potato Fries
Mixed Fruit ½ c
Assorted Fresh Fruit ½ c



27 **Penne Pomodoro 1 serving Cheeseburger Peas & Carrots ½ c Celery Sticks ¼ c Pineapple Tidbits ½ Assorted Fresh Fruit**

28 **Chicken parmesan 1 serving Chicken Nuggets**
Steamed corn ¼ c
Tomato Wedge ¼ c
Assorted Fresh Fruit
Fruit Cocktail

29 **Bean & Cheese Burrito Cheese Quesadilla**
Pinto Beans ½ cup
Fresh Broccoli ¼ c
Peaches ½ c
Assorted Fruit ½ c

30 **Meatballs Marinara w/roll**
Mixed vegetables ¼
Celery Sticks ½ c
Pineapple Tidbits ½ c
Assorted Fresh Fruit

31 **Country Chicken Bowl Tuna Wrap**
Garden Salad 1 c
Green Beans ½ c
Sliced Pears ½ c
Fresh Fruit ½ c

Key: BeWell Healthy Option Vegetarian (Ovo-Lacto) Local Fresh Picks