



March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		Mar - 1 BBQ Meatballs Au Gratin Potatoes Green Beans Pineapple Bread Slice	Mar - 2 Chicken Nuggets Macaroni & Cheese Peas Celery Sticks w/ranch or p.nut but. & raisins Apple Slices	Mar - 3 Shrimp Poppers Vegetable Fried Rice Asian Slaw Cauliflower Mandarin Oranges Bread Slice
Mar - 6 Chicken Drumsticks Baked Potato w/sour cream, onion, cheese Green Beans Peaches Bun or Bread Slice	Mar -7 Early Out Hot Dog Macaroni & Cheese Peas Baby carrots w/ranch Applesauce	Mar - 8 BBQ Pulled Pork Sandwich Choice of Chips Baked Beans Coleslaw Tropical Fruit	Mar - 9 Taco Day w/lettuce, tomato, cheese, sour cream Spanish Rice Corn Orange Slices	Mar - 10 Cheese Pizza Garlic Toast Celery Sticks w/ranch or p.nut but. & raisins Apple Slices
Mar - 13 Chicken Noodle Soup w/crackers Biscuit Lettuce Salad w/Cheese Banana	Mar - 14 Sloppy Joe Tater Tots Baked Beans Coleslaw Pineapple or Banana	Mar -15 Spirit Day French Toast Sausage Patty Cottage Cheese and/or Yogurt Carrots Blue & Strawberries	Mar - 16 Tator Tot Hotdish Cheesestick Lettuce Salad w/Cheese Grapes Bun or Bread Slice	Mar -17 St. Pat. Day Fish Sandwich with lettuce French Fries Coleslaw Green Beans Orange Slices
Mar - 20 Corn Dog French Fries Green Beans Baby carrots w/ranch Peaches Bun or Bread Slice	Mar - 21 Beef Stroganoff Lettuce Salad with cheese Green Beans Grapes Bread Slice	Mar - 22 Spaghetti and Meatsauce Breaded Mozzarella Sticks Cucumber Slices Pears	Mar - 23 Baked Ham Au Gratin Potatoes Peas Fruit Cocktail Bun or Bread Slice	Mar - 24 Tomato Soup or Chili Soup w/crackers Grilled Cheese Celery Sticks w/ranch or p.nut but. & raisins Apple Slices
Mar - 27 Chicken Fajita with fried onions and peppers Nachos with salsa Corn Fruit Cocktail	Mar - 28 Hamburger with onion, pickle, lettuce, cheese French Fries Baby carrots w/ranch Pears	Mar - 29 Chicken Alfredo Garlic Toast Broccoli Romaine Salad Peaches	Mar - 30 Ground Beef Gravy Mashed Potatoes Green Beans Applesauce Bread Roll	Mar - 31 Tuna Sandwich Potato Chips Lettuce Salad with cheese Cucumber Slices Orange Slices

All meals include 1 cup of 1% milk; chocolate or regular

Menus comply with the new USDA nutritional guidelines:

- 100% juice, no more than one serving per day
- Name of breakfast cereal to confirm the sugar limit is met

MHRS is an equal opportunity provider.