

MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
	Menu Approved by: <i>Ann Stahlheber, MS, RDN, LD</i>				The Birthday Cup Cakes for March will be Lemon with Lemon Frosting on Thursday the 21 st
03 Oven Baked Fish 4 oz Brown Rice ½ c Peas/Mushroom ½ c Ginger Carrots ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	04 Beef A Roni 8 oz Zucchini ½ c Scalloped Apples ½ c Orange Juice 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	05 Turkey Salisbury 4 oz Pasta Provencal ½ c Wax Beans ½ c California Blend ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	06 Sweet & Sour Chicken 4 oz Brown Rice ½ c Garlic Green Beans ½ c Oriental Blend ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	07 Beef Goulash 4 oz Couscous ½ c Zucchini ½ c Boston Succotash ½ c Apple Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	
10 Turkey Loaf 4 oz Parsley Noodles ½ c Yams ½ c Capri Blend ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	11 Stuffed Cabbage 6 oz Seasoned Farfel ½ c Mashed Potatoes ½ c Green Beans ½ c Cranberry Juice 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	12 White Fish Cake 4 oz Wild Rice ½ c Roasted Potatoes ½ c California Blend ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	13 Sloppy Joe 4 oz Whole Grain Barley ½ c Peas ½ c Corn ½ c Banana Whole Grain Bun Smart Balance Margarine 1% Milk 8 oz	14 Rotisserie Chicken 7 oz Couscous ½ c Black-Eyed Peas ½ c Zucchini ½ c Apple Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	
17 Salisbury Steak 4 oz Seasoned Farfel ½ c Roasted Red Skins ½ c Lima Beans ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	18 Chicken & Rice 8 oz Ginger Carrots ½ c Green Beans ½ c Apple Sauce 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	19 Sole Francaise 4 oz Seasoned Farfel ½ c Baked Beans ½ c California Blend ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	20 Chicken Cacciatore 4 oz Pasta Marinara ½ c Beets ½ c Capri Blend ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	21 Meat Loaf 4 oz Parsley Noodles ½ c Tex Mex Corn ½ c Broccoli ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	
24 ¼ lb Knockwurst 4 oz Seasoned Farfel ½ c Baked Beans ½ c Peas ½ c Banana Whole Grain Bun Smart Balance Margarine 1% Milk 8 oz	25 Chicken Paprikash 4 oz Egg Barley ½ c Yams ½ c California Blend ½ c Cranberry Juice 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	26 Maryland Style Tilapia 4 oz Steamed Rice ½ c Green Beans ½ c Mashed Potatoes ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	27 Turkey Salisbury 4 oz Whole Grain Barley ½ c Beets ½ c Capri Blend ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	28 Turkey Salisbury 4 oz Whole Grain Barley ½ c Beets ½ c Capri Blend ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	We will be providing milk Please remember Jewish Law Forbids mixing Meat and dairy.