

# Nutrition Menu

Nellie Sawyer, Manager



## March 2021

Office Hours: 9am-1pm 426-8309



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Curbside Meal Lunch Pickup at 11:30am Milk is Served With Each Meal	Cheeseburger 1 w/bun Baked Beans Baked Cinnamon Apples Cake	Ham & Cheese 2 Sub Tossed Salad Fruit Cocktail Spice Cake	Meatloaf 3 w/red sauce Lima Beans Brown Rice Pineapple Wheat Bread or Roll	Chicken Salad 4 Beets Pasta Salad Crackers Orange Juice Angel Cake	Baked Turkey Breast 5 w/gravy Carrots Cranberry Sauce Bread Stuffing Brown Rice Pudding	6		
7	Spaghetti 8 w/meat sauce California Blend Vegetables Baked Spiced Apples Garlic Bread Pudding	Roast Beef 9 & Cheese Sub Tossed Salad Fruit Cocktail Cake	BBQ Sandwich 10 Coleslaw Fresh Fruit Buttered Potatoes Graham Crackers	Tuna Salad 11 w/lettuce Pickled Beets Pasta Salad Orange Juice Crackers Cake	Beef Tips 12 w/gravy Sauteed Spinach Brown Rice Peaches Roll	13		
	14	Salisbury Steak 15 w/gravy Peas and Carrots Pineapple Mashed Potatoes Wheat Roll or Bread Apple Crisp	16	Baked Ham 17 Cabbage Sweet Potatoes w/marshmallows Pears Wheat Roll or Bread	18	Oven Fried 19 Chicken Breast Garden Peas Buttered Potatoes Pears Wheat Roll	20	
	21	Sausage 22 w/peppers Carrots Roasted Potatoes Roll Peach Cobbler	23	Chili w/beef 24 and Beans Broccoli Baked Potatoes Orange Juice Jello	25	Chef Salad with 25 Ham & Cheese Strawberries Potato Salad Crackers Cookie	26	Baked Pork Chop 26 Collards Potatoes Au Gratin or Scalloped Fruit Crisp Roll
28	Cheeseburger 29 w/bun Baked Beans Baked Cinnamon Apples Cake	Ham & Cheese 30 Sub Tossed Salad Fruit Cocktail Spice Cake	31	Meatloaf 31 w/red sauce Lima Beans Brown Rice Pineapple Wheat Bread or Roll			Donations are Needed, Accepted and appreciated!	

