

March Horizons Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Cheese Omelet Pancakes(2) w/Blueberry Sauce(1.5) & Margarine Turkey Sausage Links O'Brien Potatoes(1.5) Warm Fruit Compote(1) Banana(2) Skim Milk(1)	Beef Stroganoff Lasagana(1) Spinach(.5) Gelatin w/Mandarin Oranges(1.5) 6 Vanilla Wafers(1) WW Bread(1) Skim Milk(1)	Chicken Cordon Bleu on Bun(1.5) BBQ Beef on Bun(1.5) 1/2 Baked Potato(2) & Sour Cream Island Blend Veggies(.5) Watermelon(.5) Skim Milk(1)	Porkloin & Gravy Beef Pot Roast & Gravy Steamed Baby Red Potatoes(2) Carrot&Cabbage Casseole(.5) Cake(2) Skim Milk(1)	Oven Fried Chicken(.5) Lemon Baked Tilapia Mashed Potatoes &Gravy 5 Veggie Mix(1) Fresh Orange(1) Oatmeal Cookie(1) Skim Milk(1)
9	10	11	12	13
Macaroni & Ground Beef (1) Alfredo Chicken on Noodles (3) Italian Green Beans(1) Oranges Apricot Gelatin (1) WW Bread (1) Skim Milk (1)	Swiss Steak (1) Apple Brown Sugar Pork Chop 1/2 Baked Potato & Sour Cream (2) Chateau Vegetable (.5) WW Bread (1) Skim Milk (1)	Turkey and Dressing (1.5) Baked Fish on Veggie Rice Pilaf(1.5) Country Corn Cassrl (1) Banana (2) Chocolate Pudding(1.5) Skim Milk (1)	Marinara Beef (.5) Chicken Parmesan (1) Asparagus Pea Medley (1) Pineapple (1) Raisin Bread Pudding (2) Skim Milk (1)	Chicken Nuggets(1) Fish Sticks(1) Dilled Baby Red Potatoes(1.5) Broccoli(.5) Orange(1) Sugar Cookie(1) Skim Milk(1)
16	17	18	19	20
Pizza (2) Colorful Macaroni & Cheese (3) Mixed Veggies(.5) Peaches(1) Peanut Butter Cookie Skim Milk (1)	St. Patrick's Day Corned Beef Baby Red Potatoes Cabbage and Carrots Emerald Pears Skim Milk 	Cook's Choice Day Sloppy Joe on Bun Seasoned Cubed Potatoes 5 Veggie Mix Gelatin w/Fruit Skim Milk	Zesty Chicken & Rice (2) Beef & Noodles (1.5) Succotash (1.5) Banana (2) Blueberry Muffin (2) Skim Milk (1)	Italian Beef Sandwich (1.5) Breaded Fish Fillet on Bun (1) Crispy Cube Potatoes (1.5) Green Beans & Red Peppers (.5) Pineapple (1) Skim Milk (1)
23	24	25	26	27
Hamburger on Bun Shredded Chicken on Bun Potato Wedges (2) Stewed Tomatoes & Zucchini (.5) Fresh Apple (1.5) Cereal Bar (2) Skim Milk (1)	Chicken Strips (.5) & Tator Tots (1) Tator Tot Casserole (2) Corn (1) Creamy Coleslaw (.5) Banana (2) Skim Milk (1)	Pepper Steak (.5) Sweet and Sour Pork (1) Rice(2) Peas(.5) Mandarin Oranges & Pineapple (2) Skim Milk (1)	Turkey Tetrazini (2) Italian Spaghetti (2) Breadstick (.5) Broccoli Raisin Salad (2) Orange (1) Skim Milk (1)	Honey Glazed Pork w/ Mashed Potatoes & Gravy (1) Cheese Asparagus Strata (1) Lima Beans (1) Cake & Ice Cream Skim Milk (1) 
30	31	 		
Breakfast Casserole(1) Breakfast Pizza(1.5) O'Brien Potatoes(1.5) Yogurt w/Fruit & Grains(1.5) Orange Juice(1) Skim Milk(1)	Soft Shell Taco(1) Stuffed Green Pepper(1) Spanish Rice(1) Fiesta Corn Fresh Orange Skim Milk(1)			