

March 2026

SERVING SIZES

Grains – 2 ounces
 Vegetables – ½ cup
 Fruits – ½ cup
 Protein – 3 ounces
 Dairy – 1 cup

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Navy bean soup Chicken French stew Mashed potatoes Green beans Sliced peaches	3 Vegetable soup Manicotti w/ meat sauce Greek cucumber salad Garlic bread Sliced pears	4 Mushroom barley soup Mediterranean chicken Potatoes mushrooms & tomatoes Sliced melon	5 Tomato rice soup Sweet & sour pork tenderloin Broccoli, bell peppers & pineapple White rice w/green onions	6 Mediterranean lentil soup Lemon pepper baked fish Cole slaw Roasted potato Mixed Fruit
9 Escarole & bean soup Greek style chicken thighs Rice pilaf Roasted vegetables Watermelon	10 Minestrone soup Stuffed shell w/ meatball Green beans Roasted potatoes Sliced pears	11 Tomato soup Sausage & pepper sandwich Veggie crunch (Cum.Tom.kale. Spinach, onion, celery Mixed fruit	12 Irish vegetable stew Corn beef Cabbage & carrots Boiled potatoes Sliced Peaches	13 Broccoli & cheese soup Baked fish sandwich 3 bean salad Chips Sliced apples
16 Lentil vegetable soup Chicken ala king (mixed veg) White rice Sliced melon	17 Chicken escarole soup Sloppy joe Roasted vegetables Roasted sweet potatoes Sliced apples	18 Vegetable soup Honey glazed pork roast Roasted potatoes Green beans Watermelon	19 Mushroom barley soup Open turkey sandwich w/gravy Mashed sweet potatoes Roasted carrots Fruit Cocktail	20 Navy bean soup Baked Fish Roasted zucchini mix Rice pilaf Peaches
23 Potato leek soup Baked pasta w/sausage & meatballs & cheese Tossed salad Sliced pears	24 Minestrone soup Pepper steak w/ gravy Mashed potatoes Roasted vegetables Sliced peaches	25 Chicken soup Chicken scallopini Rice pilaf Mixed vegetables Fruit cocktail	26 Kale & chickpea soup Meatloaf w/ gravy Mashed potatoes Buttered corn Watermelon	27 Tomato soup Baked fish sandwich Cole slaw Roasted sweet potatoes Sliced pears
30 Chicken soup Swedish meatballs Mashed potatoes Broccoli florets Sliced melon	31 Vegetable barley soup Oven roasted chicken Rice pilaf Roasted vegetables Tropical fruit	WW = Whole Wheat		Bread & Milk Served Daily