MARCH 2024 - FROZEN STANDARD MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 **Baked Fish with Rustic Tomato Sauce** Cous Cous California Blend Vegetables *Fruit or Juice*	2 **Cheese Lasagna Rollups w/ Tomato Sauce** Broccoli and Red Peppers Steamed Green Beans *Fruit or Juice*
	4 **Coconut Curried Chicken Breast with Vegetables** Rice and Beans Normandy Blend *Fruit or Juice*	5 **BBQ Pulled Pork** Baked Sweet Potato Steamed Broccoli *Fruit or Juice*	6 **Moroccan Eggplant, Chickpea, and Tomato Stew** Brown Rice California Blend Vegetables *Fruit or Juice*	7 **Chicken Meatballs w/ Mushroom Gravy** Egg Noodles Steamed Carrots *Fruit or Juice*	8 **Baked Breaded Fish** Capri Blend Vegetables Kale with Tomato Yellow Plantains *Fruit or Juice*	9 **Chicken Stir Fry with Vegetables** Pearled Barley Vegetable Mix *Fruit or Juice*
	11 **Cheese Lasagna Rollups** Steamed Carrots Steamed Green Beans *Fruit or Juice*	12 **Vegetarian Three Bean Chili** Steamed Broccoli Steamed Cauliflower *Fruit or Juice*	13 **Beef Meatloaf with Mushroom Gravy** Smashed Red Potatoes California Blend Vegetables *Fruit or Juice*	14 **Black Bean and Sweet Potato Chili** Winter Blend Vegetables *Fruit or Juice*	15 **Spanish Style Baked Fish** Cous Cous Vegetable Mix *Fruit or Juice*	16 **Mexican Style Chicken Thighs and Rice** Italian Blend Vegetables *Fruit or Juice*
	18 **Chicken Cacciatore** Orzo Prince Edward Blend Vegetables *Fruit or Juice*	19 **Red Lentil Bolognese** Baked Brown Rice Pilaf Steamed Green Beans *Fruit or Juice*	20 **Chicken Kofta w/ Tomato Curry** Cous Cous Steamed Cauliflower *Fruit or Juice*	21 **Chili con Carne** Perfect White Rice Baby Carrots with Parsley *Fruit or Juice*	22 **Baked Fish Marsala with Mushrooms** Italian Blend Vegetables *Fruit or Juice*	23 **BBQ Pork Chops** Baked Sweet Potato Normandy Blend *Fruit or Juice*
	25 **Beef Meatballs in Tomato Sauce** Cous Cous Steamed Cauliflower *Fruit or Juice*	26 **Grilled Chicken Breast w/ Mushroom Gravy** Rice and Red Beans Steamed Spinach Stewed Tomatoes *Fruit or Juice*	27 **Spiced Lentil and Sweet Potato Stew** Pearled Barley Beets and Baby Carrots with Dill *Fruit or Juice*	28 **Chicken Scallopini** Sweet Baked Yams Broccoli and Red Peppers *Fruit or Juice*	29 **Teriyaki Glazed Fish** Vegetable Mix *Fruit or Juice*	30 **Amazing Vegan Whole Grain Mac and Cheese** Capri Blend Vegetables Steamed Green Beans *Fruit or Juice*
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All meals will be accompanied by a carton of milk, whole wheat bread, margarine, juice, and a piece of fruit (fruit & juice vary every day).