

# March 2019 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: Jill Riffle MS, RDN, LD	Choice of 1% Milk or Buttermilk	Menus Written By: Carolynn Scott		1 *Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c Broccoli ½ c Blueberry Muffin 2 oz. Sliced Apricots ½ c
4 *Beef Stroganoff 4 oz. *Noodles ½ c Harvard Beets ½ c Green Beans ½ c Whole Grain White Pineapple Chunks ½ c	5 *Beef Hot Dog 2 oz. Ketchup 1 PC/Mustard 1 PC *Baked Beans ½ c Au Gratin Potatoes ½ c Whole Wheat Bun Banana	6 *Breaded Fish 4 oz. Tartar Sauce 1 PC Au gratin Potatoes ½ c Spinach ½ c w/ Vinegar 1 PC 2 Whole Grain Wheat Sliced Peaches ½ c	7 *Stuffed Cabbage 6 oz. w/ Sauce 2 oz. *Mashed Potatoes ½ c Buttered Baby Carrots ½ c 2 Whole Grain Wheat Sliced Pears ½ c	8 *Vegetable Lasagna 6 oz. Green Peas ½ c Buttered Beets ½ c Whole Grain Wheat Mandarin Oranges ½ c Whole Grain Vanilla Wafers 1 oz.
11 *BBQ Chicken Breast 3 oz. *Butternut Squash/Sweet Potatoes Medley ½ c *Brussel Sprouts ½ c W. G Buttermilk Biscuit 2 oz. Sliced Peaches ½ c	12 *Meatballs 3-1 oz. *Spaghetti 1 c w/ Sauce California Blend ½ c Corn w/ Diced Red Peppers ½ c Whole Grain Wheat Tropical Fruit ½ c	13 *Hamburger 3 oz. Ketchup 2 PC *Seasoned Potato Wedges ½ c Green Peas ½ c Whole Grain Bun Sliced Pears ½ c	14 *Chili Con Carne 8 oz Mixed Vegetables ½ c Buttered Beets ½ c Corn Muffin 2 oz. Apple Juice 4 oz	15 *2-2 oz. Stuffed Shells w/ Sauce 2 oz. Spinach ½ c/ 1 PC Lemon Juice Oriental Blend ½ c Whole Grain Garlic Toast 2 oz. Banana
18 *Beef Meatloaf w/ Ketchup Glaze 3 oz. *Baked Beans ½ c Mixed Vegetables ½ c 2 Whole Grain White Mandarin Orange ½ c	19 * Roasted Turkey Breast 3 oz. * Gravy 2 oz. *Mashed Potatoes ½ c Green Peas ½ c 2 Whole Grain Wheat Mixed Fruit ½ c	20 *Stuffed Pepper 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Banana	21 * Swedish Meatballs 3-1 oz. w/Gravy 2 oz./*Noodles ½ c Spinach ½ c/ Lemon Juice 1PC Carrots ½ c Whole Grain White Sliced Peaches ½ c	22 *Cheese Ravioli 6 oz. Broccoli ½ c *Baby Lima Beans ½ c Whole Grain Breadsticks 2 oz. Chunky Applesauce ½ c
25 *Beef Sloppy Joe 4 oz. Green Peas ½ c Harvard Beets ½ c Whole Grain Bun Sliced Pears ½ c	26 *Salisbury Steak 3 oz. * w/ Gravy 2 oz. *Mashed Potatoes ½ c Mixed Vegetables ½ c 2 Whole Grain White Sliced Apricots ½ c	27 *BBQ Rib Patty 3 oz. *Sweet Potatoes ½ c * Brussel Sprouts ½ c Whole Grain Bun Chunky Applesauce ½ c	28 *Sliced Ham 3 oz. w/ Pineapple Glaze * Au gratin Potatoes ½ c Cauliflower/Broccoli ½ c 2 Whole Grain Wheat Pineapple Chunks ½ c	29 *Bread Fish 4 oz. Tartar Sauce 1 PC/Ketchup 1 PC Seasoned Wedge Potatoes ½ c Carrots ½ c Whole Grain White Mixed Fruit ½ c Whole Grain Vanilla Wafers 1 oz