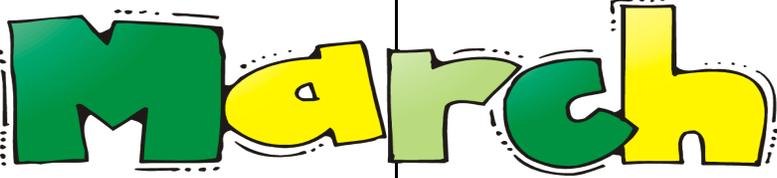All meals include milk.

THE OLDER AMERICANS ACT NUTRITION PROGRAM – *Please give whatever you can; help us help others.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **Chicken Noodle Soup w/ celery & carrots** **Grilled Cheese Sandwich** **Cooked Carrots** **Baked Apples** **Yogurt** **Wheat Crackers**	**3** **BBQ Pork Chop** **Au Gratin Potatoes** **Brussel Sprouts** **Fruit** **Pea Salad**	**4** **Pepperoni Pizza** **Peas** **Corn** **Fruit** **Cottage Cheese**	**5** **Oven-Fried Chicken** **Brown Rice & Beans** **Broccoli** **Fruit**	**6** **Cheeseburger on Wheat Bun** **Lettuce, Onion, Pickle** **Red Skin Potato Salad** **Baked Beans** **Fresh Fruit** **Pudding**
9 **Lemon Pepper Baked Fish** **Vegetable Rice** **Asparagus** **Fruit** **Cookie**	**10** **Spaghetti w/ Meat Sauce** **Garlic Wheat Bread** **Italian Veggies** **Fruit** **Spinach Salad w/ Beets**	**11** **Chef Salad** **Fresh Fruit** **Whole Wheat Roll**	**12** **Beef Stir Fry** **Noodles** **Broccoli** **Fruit**	**13** **Baked Ham Slice** **Sweet Potatoes** **Mixed Veggies** **Fresh Fruit** **Biscuit**
16 **Egg Salad on Wheat Bun** **Macaroni Salad** **Cherry Tomatoes** **Fruit** **Cottage Cheese**	**17** **St. Patrick's Day** **Cabbage Soup w/ Beef** **Parsley Potatoes** **Green Beans** **Fresh Pear** **Cornbread** **Watergate Salad**	**18** **BBQ Riblet** **Scalloped Potatoes** **Cauliflower** **Fruit** **Carrot Sticks**	**19** **Grilled Chicken Fillet** **Rice Pilaf** **Roasted Zucchini/Squash** **Fruit** **Whole Wheat Roll**	**20** **Sausage Gravy w/ Biscuit** **Egg & Cheese Omelet** **Hash Brown** **Fresh Fruit Salad** **Orange Juice**
23 **COOK'S** **CHOICE**	**24** **Philly Cheesesteak Sub w/ peppers & onions** **Baked Fries** **California Blend** **Fruit** **Salad Greens w/ Tomatoes**	**25** **Polish Sausage w/ Sauerkraut** **Boiled Potatoes** **Butter beans** **Fruit** **Wheat Bread**	**26** **Roasted Turkey w/ Gravy** **Mashed Potatoes** **Spinach** **Fresh Fruit**	**27** **Fish Fillet on Wheat Bun** **Macaroni & Cheese** **Lima Beans** **Fruit** **Coleslaw**
30 **Cheeseburger Soup w/ potatoes, carrots** **Spring Mix Salad** **Fruit** **Wheat Crackers**	**31** **Chicken Strips** **Mashed Potatoes w/ Gravy** **Corn** **Fresh Fruit** **Celery Sticks w/ PB**			**Center is open** **Monday-Friday** **8:00am-2:00pm** **Lunch served at Noon**

If schools are closed due to road conditions, senior centers and meal services are closed. If schools are on a 2 hour delay, we will be open.

If schools are dismissing early, we will be closed.

MENU IS SUBJECT TO CHANGE