















March Menu 2020

Site: Rapid City



<p>Monday 2</p> <p>Creamed Turkey 1CS over Mashed Potatoes 1CS Parslied Carrots 1/2CS Coleslaw Orange 1CS Bread 1CS</p> 	<p>Tuesday 3</p> <p>Swedish Meatballs 1CS Parslied Potatoes 1CS Baked Squash 1CS Tossed Salad w/Tomatoes Tropical Fruit 1CS Bread 1CS</p>	<p>Wednesday 4</p> <p>Chicken Pot Pie topped w/Biscuit 2CS Broccoli Peaches 1CS Vanilla Pudding 1CS</p> 	<p>Thursday 5</p> <p>Chicken Cacciatore 1/2CS Diced Potatoes 1CS Italian Vegetables Applesauce 1 1/2CS Garlic Bread 1CS</p>	<p>Friday 6</p> <p>Bean Soup w/Cheese 2CS Baby Carrots 1/2CS Mandarin Oranges 1CS Banana 2CS Cornbread 2CS</p> 
<p>Monday 9</p> <p>Spaghetti w/Meat Sauce 2CS Broccoli Banana 1CS Chocolate Pudding w/Topping 1CS Garlic Bread 1CS</p>	<p>Tuesday 10 HAPPY BIRTHDAY</p> <p>Chicken Fried Steak 1CS Mashed Potatoes w/Milk Gravy 2CS Green Beans Apricots 1CS Bread 1CS Cake 2CS</p> 	<p>Wednesday 11</p> <p>Sierra Chicken Casserole 2CS Seasoned Spinach Baby Carrots 1/2CS Strawberries 1/2CS Bread 1CS</p> 	<p>Thursday 12</p> <p>BBQ Chicken 1CS Baked Potato 1CS California Vegetable Blend Jello w/Fruit 1CS Cooked Apples 1 1/2CS Bread 1CS</p>	<p>Friday 13</p> <p>Breaded Popcorn Shrimp 1 1/2CS Herb Diced Potatoes 1CS Peas 1CS Acini de Pepe Salad 1CS Peaches 1CS Bread 1CS</p>
<p>Monday 16</p> <p>Sloppy Joe w/Bun 2CS Potato Wedges 1CS Cooked Carrots 1/2CS Tomato Spoon Salad 1/2CS Pears 1CS</p>	<p>Tuesday 17 St Patrick's Day</p> <p>Chef's Choice</p> 	<p>Wednesday 18</p> <p>Oven Omelet w/Ham&Cheese Pasta Veggie Salad 1 1/2CS LS Tomato Juice 1CS Banana 2CS Bread 1CS</p>	<p>Thursday 19</p> <p>Swiss Steak w/Onion&Tomato Mashed Potatoes 1CS Seasoned Spinach Jello w/Topping 1CS Pears 1CS Bread 1CS</p> 	<p>Friday 20 First Day of Spring</p> <p>Tuna & Noodles 1 1/2CS Peas 1CS Tossed Salad Peach Crisp 1CS WG Bread Stick 1CS</p> 
<p>Monday 23</p> <p>Open-faced Hot Hamburger w/Mashed Potatoes & Gravy 1CS Peas and Carrots 1CS Cranberry Sauce 1CS Mandarin Oranges 1CS Bread 1CS</p> 	<p>Tuesday 24</p> <p>LS Ham Sweet Potato 1 1/2CS Broccoli Orange Juice 1CS Bread 1CS</p>	<p>Wednesday 25</p> <p>Spanish Rice w/ Hamburger 3CS Seasoned Spinach Carrots 1/2CS Grape Juice 1CS Bread 1CS</p> 	<p>Thursday 26</p> <p>Cabbage Beef Soup 1 1/2CS Turkey Sandwich 2CS Crackers 1CS Apple Crisp w/Topping 1 1/2CS</p>	<p>Friday 27</p> <p>Macaroni & Cheese 2CS Peas 1CS Stewed Tomatoes Peaches 1CS Bread 1CS</p> 
<p>Monday 30</p> <p>Mandarin Oranges Chicken 1CS Baked Potato 1CS Brussel Sprouts Banana 2CS Pudding w/Topping 2CS Bread 1CS</p>	<p>Tuesday 31</p> <p>Chili 1 1/2CS Cinnamon Roll w/Almonds 2CS Orange 1CS Lt. Fruit Yogurt</p> 			

*All meals include 8 oz. 1% milk (1 CS)

Choice of 1-2 bread / grain servings (1 – 2 CS)

Carb Servings = (CS) (1 = 15 grams Carbohydrate)

marked for diabetic diets

**All canned fruit is in light syrup

***MENU SUBJECT TO
CHANGE WITHOUT NOTICE***

FOR RESERVATIONS OR CANCELLATION

PLEASE CALL

THE MEALS PROGRAM OFFICE AT 394-6002

OR THE MAIN KITCHEN AT 343-8214

24 HRS. IN ADVANCE