












# March Menu 2019

Site: Rapid City

				<p><b>#11</b> <span style="float: right;"><b>1</b></span></p> <p>Mandarin Orange Chicken 1CS          Parslied Potatoes 1/2CS          Steamed Broccoli           Banana 2CS          Chocolate Pudding w/Topping 1CS          Bread 1CS</p>
<p><b>#20-1A</b> <span style="float: right;"><b>4</b></span></p> <p>Salisbury Steak w/Gravy 1CS          Baked Potato 1CS          California Blend Veg.          Orange Juice 1CS           Bread 1CS</p>	<p><b>#73</b> <span style="float: right;"><b>5</b></span></p> <p>Chicken Cacciatore 1/2CS          Boiled Potatoes 1CS          Green Beans          Applesauce 1CS          Garlic Bread 1CS</p>	<p><b>#76D ASH WEDNESDAY</b> <span style="float: right;"><b>6</b></span></p> <p>Breaded Baked Fish          Potato Wedges 1CS          Parslied Carrots 1/2CS          LS V-8 Juice          Acini de Pepe Salad 1CS          Bread 1CS</p>	<p><b>#3-1A</b> <span style="float: right;"><b>7</b></span></p> <p>Swedish Meatballs 1CS          Parslied Potatoes 1CS          Baked Squash 1CS          Tossed Salad w/Tomatoes           Tropical Fruit 1CS          Bread 1CS</p>	<p><b>#59H</b> <span style="float: right;"><b>8</b></span></p> <p>Bean Soup w/Cheese 2CS          Baby Carrots 1/2 CS          Mandarin Oranges 1CS          Banana 2CS          Cornbread 2CS</p>
<p><b>#17</b> <span style="float: right;"><b>11</b></span></p> <p>Meatloaf 1/2CS          Parslied Potatoes 1CS          Broccoli          Sunshine Salad 1CS          Cooked Apples 1 1/2CS          Dinner Roll 1CS</p>	<p><b>#10 HAPPY BIRTHDAY</b> <span style="float: right;"><b>12</b></span></p> <p>Chicken Fried Steak 1CS          Mashed Potatoes w/Milk Gravy 2CS          Green Beans          Apricots 1CS           Bread 1CS          Cake 2CS</p>	<p><b>#75A</b> <span style="float: right;"><b>13</b></span></p> <p>Baked Chicken 1/2CS          Baked Sweet Potato 1 1/2CS          Brussel Sprouts          Tomato Spoon Salad 1/2CS          Pears 1CS          Bread 1CS &amp; Cookie 1CS</p>	<p><b>#16</b> <span style="float: right;"><b>14</b></span></p> <p>Chili 1 1/2CS          Cinnamon Roll w/Almonds 2CS          Baby Carrots 1/2CS          Light Yogurt 1CS          Orange 1CS</p>	<p><b>#79C</b> <span style="float: right;"><b>15</b></span></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><b>#</b> <span style="float: right;"><b>18</b></span></p> <p>Chef's Choice </p>	<p><b>#1A-21</b> <span style="float: right;"><b>19</b></span></p> <p>Sweet &amp; Sour Chicken 1CS          Oven Baked Rice 1 1/2CS          Broccoli          Apricots 1CS          Bread 1CS</p>	<p><b>#21 1st DAY OF SPRING</b> <span style="float: right;"><b>20</b></span></p> <p>Chef Salad w FF Dressing 1CS          Crackers 2CS          Peaches 1CS          Cranberry Orange Bar 1CS</p>	<p><b>7-3</b> <span style="float: right;"><b>21</b></span></p> <p>Pork Chop w/Celery Sauce          Mashed Potatoes 1CS          Carolina Beans 2CS           Broccoli          LS V-8 Juice          Banana 2CS &amp; Bread 1CS</p>	<p><b>#69D</b> <span style="float: right;"><b>22</b></span></p> <p>Macaroni &amp; Cheese 2CS          Peas 1CS          Stewed Tomatoes          Fruit Crisp w/Topping 1 1/2CS          Bread 1CS</p>
<p><b>#5-1A</b> <span style="float: right;"><b>25</b></span></p> <p>Creamed Turkey 1CS          Oven Mashed Potatoes 1CS          Parslied Carrots 1/2CS          Coleslaw          Mandarin Oranges 1CS          Bread 1CS</p>	<p><b>1#6</b> <span style="float: right;"><b>26</b></span></p> <p>Chicken Pot Pie topped w/Biscuit 2CS          Broccoli          Peaches 1CS </p>	<p><b>#15-A1</b> <span style="float: right;"><b>27</b></span></p> <p>Hamburger on a Bun 2CS          Potato Salad 1 1/2CS          Glazed Carrots 1/2CS          Tomato Juice           Banana 2CS</p>	<p><b>#14</b> <span style="float: right;"><b>28</b></span></p> <p>Pork Roast &amp; Gravy          Boiled Potatoes 1CS          Cranberry Sauce 1CS          Orange Juice 1CS          Peas &amp; Carrots 1/2CS          Dinner Roll 1CS</p>	<p><b>#82</b> <span style="float: right;"><b>29</b></span></p> <p>Tuna &amp; Noodles 1 1/2CS          Broccoli          Tossed Salad          Peach Crisp 1CS           WG Bread Stick 1CS</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

\*\*Fat free dressing is served with salad

**\*\*\*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**

**Please leave your name, where you eat and what day**