

March Menu 2017

Rapid City

		#69D <u>ASH WEDNESDAY</u> 1 Macaroni & Cheese 2 CS Peas 1 CS LS V-8 Juice <u>Fruit Crisp w/Topping</u> 1 1/2 CS	#72D 2 BBQ Chicken 1 CS Baked Potato w/ Sour Cream 2 CS Glazed Carrots 1/2 CS 1 med Orange 1 CS	#59H 3 Navy Bean Soup w/ Cheese 2 CS Baby Carrots Mandarin Oranges 1 CS 1 med Banana 2 CS W/W Cornbread Muffins 1 1/2 CS
#9 6 Autumn Chicken 1 CS Baked Sweet Potato 1 1/2 CS Harvard Beets 1 CS Tossed Salad Mandarin Oranges 1 CS	#16 7 Chili 1 1/2 CS Cinnamon Rolls w/ Almonds 2 CS Baby Carrots Light Blueberry Yogurt 1 CS 1 med Orange 1 CS	#17 8 Turkey & Dressing Mashed Potatoes w/ Gravy 1 CS Brussel Sprouts Cranberry Sauce 1 CS Apricots 1 CS	#20-3 9 Cider Braised Pork Chops 1 CS Baked Potato w/ Sour Cream 2 CS Orange Juice 1 CS Jello w/ Topping 1 med Banana 2 CS	#76D 10 Breaded Baked Fish Potato Wedges 1 CS Parsley Carrots 1/2 CS LS V-8 Juice Acini di Pepe 1 CS
#62A 13 <u>Low Sodium Ham</u> <u>Parsley Potatoes</u> 1 CS Peas 1 CS 1 med Orange 1 CS <u>Cooked Apples</u> 1 1/2 CS	Closed No Meals		#10 <u>HAPPY BIRTHDAY</u> 15 Chicken Fried Steak 1 CS Mashed Potato w/ Milk Gravy 1CS Green Beans Apricots 1 CS Cake 3 CS	#12E 16 Swiss Steak w/ Onion & Tomato Mashed Potatoes 1 CS Spinach Salad 1/2 CS Jello w/ Topping Small Pear Half 1/2 CS
#64C <u>St. Patrick's Day</u> 17 Oven Omelet 1 CS <u>Pasta Veggie Salad</u> 1 1/2 CS Tomato slices on lettuce LS V-8 Juice 1 med Banana 2 CS	#5-1A 20 Hungarian Goulash 3 CS Parsley Carrots 1/2 CS Cooked Cabbage Mandarin Oranges 1 CS	#75A 21 Baked Chicken 1/2 CS Baked Sweet Potatoes 1 1/2 CS Green Beans Tomato Spoon Salad 1/2 CS Pears 1 CS & a Cookie 1 CS	#15-A1 22 Hamburger on a Bun Potato Salad 1 1/2 CS Glazed Carrots 1 CS LS V-8 Juice 1 med Banana 2 CS	#17 23 Meatloaf 1/2 CS Parsley Potatoes 1 CS Broccoli Lemon Sunshine Salad 1 CS Cooked Apples 1 1/2 CS
#83 24 Homemade Tomato Soup 1 CS Cheese Sandwich (Cold) Spinach Salad 1/2 CS 1 med Banana 2 CS	#20-1A 27 Spaghetti w/ Meat Sauce 2 CS Steamed Broccoli Apricots 1 CS Garlic Bread 1 CS	#73 28 Chicken Cacciatore 1/2 CS Baked Potato 1 CS Green Beans Applesauce 1 CS Vanilla Ice Cream 1 CS	#25-1A 29 Taco Salad w/ Meat & Bean 2 CS Saltines <u>Peach Fruit Crisp</u> 1 1/2 CS Vanilla Ice Cream 1 CS	#14 30 Roast Pork w/ Gravy Boiled Potatoes 1 CS Cranberry Sauce 1 CS Peas & Carrots 1/2 CS Jello w/ Topping 1 CS
#82 31 Tuna & Noodles 1 1/2 CS Broccoli Tossed Salad Peach Crisp 1 CS				

*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)

**Jellos and Puddings are sugar free

**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

Rapid City (605)-394-6002

24 HRS. IN ADVANCE

Please call by Friday at 4pm if eating Monday

Please leave your name, where you eat and what day

MEALS PROGRAM

Marked for diabetic diets