

## SENIOR IN-CENTER MARCH LUNCH 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Swiss Bf.Patty1 ea. (2.25oz. @2oz Meat Eq.) WWDinner Roll 1 ea. Margarine 1ea. Italian Veg.1/2c. +Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	3 Tandoori Chicken Thigh 1 ea. (4oz.@19g Pro.) Rice, Black 1/2 c. **Calif. Mix Veg. 1/2c. +Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	4  Frankfurter 1ea. (Beef 2 oz. Meat Eq) on WG Hot Dog Bun 1 ea. Mustard 1 ea. Ketchup 1 ea. *Broccoli Salad 1/2c. Diced Peaches 1/2c. 1/2pt 1% White Milk 1ea.	5 **Hearty Braised (2.5oz Beef @ 14g Pro) Beef & Veg. 1 cup WWDinner Roll 1 ea. +Hi C Salad 1 Cup *Orange, Fresh 1 ea. 1/2pt 1% White Milk 1ea.	6 WGBrd.Fish 1ea. (3.6oz.@2 oz. Meat Eq. & 1 oz. Grain Eq.) WG Rice Blend 1 c. *Brussel Sprouts 1/2c. **Apricots 1/2c. 1/2pt 1%White Milk 1 ea.
9 Pork Rib-B-Q1ea (2.5oz@2oz Meat Eq.) w/ gravy 1 oz. WG Egg Noodle 1/2c. Corn saute w/ pepper & onions 1/2c. +Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	10 *Beef Broccoli 6oz (Beef <u>2.5oz@15g</u> Pro) Rice, Black 1/2 c. **Sweet Potato Cut 1/2c. Mixed Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	11 Build Your Own Burrito WG 6" Flour Tortilla 1ea Beef Barbacoa shred 3oz. (14g Pro) w/ Pepp. & onion@ 4 oz. ea. Shred Cheese ½ oz. +Cabbage and Cilantro 1/2c Honeydew Chunk 1/2 c. 1/2pt 1%White Milk 1 ea.	12 **Lentil Spinach Soup 1c. (1/2 c. Lentil @16g Pro) WWDinner Roll 1 ea. +Hi C Salad 1 Cup Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	13 Bk Chicken Drum. 2ea (8 oz.@42g Pro.) WG Wild Rice 1/2 c. **Calif. Mix Veg. 1/2c. *Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.
16 Vegetable Chili 1/2c. (Pinto 8g Pro) WWDinner Roll 1 ea. *Broccoli 1/2c. **Apricots 1/2c. 1/2pt 1%White Milk 1 ea.	17 Pork Chili Verde 1/2 c. ( <u>2.4oz@13.36gm</u> Pro) WG 6" Flour Tortilla 1ea Greenbeans w/red peppers 1/2c. +Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	18 Hamburger on Bun Beef Patty (2.25oz @13g Pro) 1ea WG Hamburger Bun 1 ea. Cheese 1 sl. Tomato, Lettuce, Onion 1 ea. +Hi C Salad 1 Cup Pineapple Tidbits 1/2c. 1/2pt 1% White Milk 1ea.	19 Chicken Breast 1ea ( <u>3oz.@13g</u> Pro) w/ w/roasted mushroom sauce 2 oz. WG Barley 1/2 c. *Brussel Sprouts 1/2c. Mixed Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	20 WGBrd.Fish 1ea. (3.6oz.@2 oz. Meat Eq. & 1 oz. Grain Eq.) WG Rice Blend 1 c. **Calif. Mix Veg. 1/2c. *Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.
23 Chicken Meatballs 3ea. (3oz. @14g Pro) w/ gravy 1oz. WG Egg Noodle 1/2c. **Peas & Carrots 1/2c +Mandarin Oranges 1/2c 1/2pt 1% White Milk 1ea.	24  Sandwich, Tuna Slid. (2oz @13g Pro. & .5 oz egg & 2oz veg.) @1/2 c. ea. on WW Bread 2 sl. **Minestrone Soup 6oz. +Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	25 Beef Meatloaf 1ea. (3.15 oz@2.25oz Meat Eq.) w/gravy 1oz. WWDinner Roll 1 ea. +Hi C Salad 1 Cup **Apricots 1/2c. 1/2pt 1% White Milk 1ea.	26 Ranch Beans 1/2c. (Pinto 6g Pro) Shred. Cheese 1/2 oz. WG Wild Rice 1/2 c. Italian Veg.1/2c. *Orange, Fresh 1 ea. 1/2pt 1% White Milk 1ea.	27 *Stuffed Bell Pepper1ea. (Beef 50% & Pork 50 % 2.5 oz. Meat @9g Pro) WG Quinoa 1/2 c. **Zucchini, Sliced 1/2c. Mixed Fruit 1/2c. 1/2pt 1% White Milk 1ea.
30 Beef Patty (2.25oz @13g Pro) 1ea w/grv 1oz. WG Egg Noodle 1/2c. *Brussel Sprouts 1/2c. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	31 WG 6" Flour Tortilla 1ea Chick. Fajita Strips (3oz.@16g Pro) Corn saute w/ pepper & onions 1/2c. +Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.			

\*Vitamin C everyday

\*\*Vitamin A 2-3x/week

+ Vitamin C & A