

# MARCH 2016 Menu

TRI-VALLEY  
NUTRITION PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Menu Subject to Change</b>	<b>1</b> <b>Beef Mediterranean</b> Brown Rice Broccoli Tapioca Pudding Diet Tapioca Pudding Marble Rye Bread	<b>2</b> <b>Hot Dog</b> Baked Beans Pasta Salad Fresh Fruit Mustard Packet Hot Dog Bun	<b>3</b> <b>Chicken Pasta Primavera</b> Spinach Corn Mixed Fruit French Bread	<b>4</b> <b>Salmon Boat w/Dill</b> Mashed Potatoes Peas & Pearl Onions Cookie Pumpnickel Bread
<b>7</b> <b>Roast Pork w/ Gravy</b> Mashed Potatoes Jardinière Vegetables Peaches Wheat Bread	<b>8</b> <b>Shepherd's Pie</b> Green Beans Carrots Mandarin Oranges French Bread	<b>9</b> <b>Bacon Omelet</b> O'Brien Potatoes Mixed Vegetables Fruited Ambrosia Diet=SF Jello Marble Rye Bread	<b>10</b> <b>Chicken Cacciatore</b> Penne Pasta Roman Vegetables Brownie Diet=Small Piece Pumpnickel Bread	<b>11</b> <b>Potato Crunch Fish</b> Lemon Seasoned Potato Peas Fresh Fruit French Bread <i>Minestrone Soup</i>
<b>14</b> <b>Chicken Mornay</b> Couscous Italian Blend Vegetables Pineapple French Bread	<b>15</b> <b>Pot Roast Stew</b> Mashed Potatoes Succotash Cookie Wheat Bread	<b>16</b> <b>Turkey a La King</b> Wild Rice Brussels Sprouts Peaches Pumpnickel Bread	<b>17</b> ~ St. Patrick's Day ~ <b>Corned Beef</b> Boiled Potatoes Cabbage & Carrots Jello w/Topping Diet Jello French Bread	<b>18</b> <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Fresh Fruit Marble Rye Bread
<b>21</b> <b>Pork Rib-i-que</b> Mashed Potatoes Corn Niblets Strawberries/Whip. Topping Diet= SF Berries & Topping Hamburger Roll	<b>22</b> <b>Buttermilk Chicken</b> Red Bliss Potatoes Mixed Vegetables Fresh Fruit Pumpnickel Bread	<b>23</b> ~ Holiday Meal ~ <b>Baked Ham</b> Sour Cream & Chive Potatoes Carrots Chocolate Mousse French Bread	<b>24</b> <b>Swedish Meatballs</b> Egg Noodles California Vegetables Birthday Cake Diet=Plain Cake Marble Rye Bread	<b>25</b> <b>Lemon Pepper Trout</b> Rice Pilaf Tuscany Style Vegetables Mandarin Oranges Wheat Bread
<b>28</b> <b>Roast Turkey</b> Mashed Sweet Potatoes Green Beans Yogurt French Bread	<b>29</b> <b>Meatloaf &amp; Gravy</b> Garlic Mashed Potatoes Country Blend Vegetables Peaches Wheat Bread	<b>30</b> <b>Garlic Herbed Chicken</b> Scalloped Potatoes Winter Mix Vegetables Fresh Fruit Marble Rye Bread <i>Corn Chowder</i>	<b>31</b> <b>Beef and Broccoli</b> Seasoned Rice Carrots Pineapple Pumpnickel Bread	<b>Your \$3.00 Donation is Appreciated!</b>