

Tri-County Office on Aging Head Start Menu March 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>28 Tandoori Chicken Tomato/Cucumber Salad Tropical Fruit Garlic Breadstick Milk*</p>	<p>1 Hamburger w/ lettuce/tomato/cheese Three Bean Salad Clementine WG Corn Bread Milk*</p>	<p>2 Rosemary Turkey Scalloped Potatoes Dragon Punch Vblend 100% Juice WG Roll w/ margarine Milk*</p>	<p>3 Meatless Chili Fresh Celery Sticks w/ FF Ranch Dip Sliced Apples Spanish Rice Milk*</p>	<p>4 No School</p> <p>WG = Whole Grain FF = Fat-free *Milk: Record which kind of unflavored milk is served</p>
<p>7 Meatloaf Seasoned Potatoes Diced Peaches WG Roll w/ margarine Milk*</p>	<p>8 Potato Crusted Pollock Diced Carrots Strawberry Applesauce WG Blueberry Muffin Milk*</p>	<p>9 Sloppy Joe Baked Beans Fresh Pineapple WG Hamburger Bun Milk*</p>	<p>10 Chicken Nuggets Fresh Cauliflower w/ FF Ranch Dip Orange WG Bread w/ margarine Milk*</p>	<p>11 Turkey Tetrazzini Hot Broccoli Mixed Fruit WG Pasta Milk*</p>
<p>14 Beef Stew Stew Vegetables Wax Beans Mandarin Oranges WG Biscuit w/ margarine Milk*</p>	<p>15 Deluxe Turkey Burger w/ lettuce/tomato/cheese Sweet Potatoes Diced Pears WG Hamburger Bun Milk*</p>	<p>16 Chicken Alfredo Mashed Potatoes Banana WG Breadstick Milk*</p>	<p>17 WG Macaroni & Cheese Petite Carrots w/ Hummus Dip Cantaloupe WG Roll w/ margarine Milk*</p>	<p>18 BBQ Meatballs Green Beans (Hot) Escalloped Apples WG Bread w/ margarine Milk*</p>
<p>21 Chicken & Dumplings Corn Tropical Fruit WG Biscuit w/ margarine Milk*</p>	<p>22 Cheese Omelet Seasoned Peppers Clementine WG French Toast Milk*</p>	<p>23 Soft Shell Tacos Red Beans & Rice Vegetable Blend Wango Mango Vblend 100% Juice WG Tortilla Milk*</p>	<p>24 Turkey & Gravy Spinach Salad w/ Raspberry Vinaigrette Sliced Apples WG Roll w/ margarine Milk*</p>	<p>25 Beef Stroganoff Au Gratin Potatoes Pineapple Tidbits WG Bread w/ margarine Milk*</p>
<p>28 Fish Nuggets Green Peas Diced Peaches WG Corn Muffin w/ margarine Milk*</p>	<p>29 Chicken Parmesan Butternut Squash Cinnamon Applesauce WG Pasta Milk*</p>	<p>30 Ham & Swiss Sandwich Tossed Salad w/ FF Ranch Dressing Fresh Pineapple WG Hot Dog Bun Milk*</p>	<p>31 Beef Lasagna Roll-Up Roasted Red Potatoes Orange WG Roll w/ margarine Milk*</p>	<p>1 No School</p>