



# MARCH



## MONTHLY MEAL PLANNER

	MON	TUE	WED	THU	FRI			
WEEK 1	27 PASTA ALFREDO W/DICED CHICKEN GREEN SALAD WITH ITALIAN DRESSING TEXAS TOAST MILK	28 TURKEY BURGER W/WHOLE WHEAT BUN CHEESE LETTUCE & TOMATO POTATO SALAD MILK	1 HOME-STYLE MEATLOAF ROASTED POTATOES BROCCOLI MILK	2 TURKEY CHILI CORNBREAD PEAS & CARROTS MILK	3 VEGETABLE LASAGNA GREEN SALAD WITH DRESSING MILK			
	WEEK 2	6 SALISBURY STEAK W/GRAVY ROASTED POTATOES MIXED VEGETABLES MILK	7 CHICKEN SALAD SANDWICH ONION ROLL GREEN SALAD W/RANCH DRESSING MILK	8 CHICKEN TINGA SPANISH RICE CONFETTI CORN TORTILLA MILK	9 GARLIC HERB TORTELLINI DICED CHICKEN COOKED CARROTS MILK	10 THREE BEAN CHILI GREEN SALAD WITH DRESSING MILK		
		WEEK 3	13 HAM & CHEESE CROISSANT SANDWICH TATOR TOTS MILK	14 CHICKEN CHOWMEIN WITH VEGETABLES VEGETABLE EGG ROLL MILK	15 MEATBALL SANDWICH COOKED CARROTS HOAGIE ROLL MILK	16 JERK CHICKEN RICE & PEAS VEGETABLES MILK	 17 BLACK BEAN BURGER WITH LETTUCE & TOMATO SWEET POTATO FRIES MILK	
			WEEK 4	20 LEMON-PEPPER CHICKEN BREAST RICE PILAF BROCCOLI MILK	21 TURKEY TOSTADA BEANS VEGETABLES CORN TORTILLA CHIPS MILK	22 CHICKEN FRIED STEAK GRAVY MASHED POTATOES MIXED VEGETABLES MILK	23 CHICKEN TORTILLA SOUP GREEN SALAD WITH DRESSING MILK	24 EGG SALAD CROISSANT SANDWICH HASHBROWN FRUIT MILK
				WEEK 5	27 CALZONE GREEN SALAD WITH DRESSING MILK	28 TURKEY SLOPPY JOE WHOLE GRAIN BUN GREEN BEANS MILK	29 SAUSAGE & CHEESE CROISSANT GREEN SALAD WITH DRESSING FRUIT MILK	30 ASIAN GARLIC PASTA W/DICED CHICKEN BROCCOLI MILK