

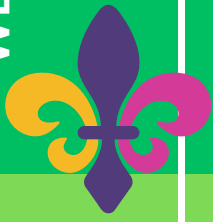


# MARCH

## CENTRAL VALLEY PACE MENU



WEEK 1



WEEK 2



WEEK 3



WEEK 4

MON

TUE

WED

THU

FRI

3

4

5

6

7

CHICKEN TENDERS  
BROWN RICE  
PARMESAN  
ZUCCHINI  
MIXED FRUIT

DICED TURKEY WITH GRAVY  
RICE PILAF  
BAKED ASPARAGUS  
DICED APPLE WITH PEANUT BUTTER

CHEESE TAMALES W/GREEN SAUCE  
CONFETTI CORN  
FAJITA  
VEGETABLES  
FRUIT SALAD

PORK STEW OVER BROWN RICE & ROASTED BRUSSEL SPROUTS  
MIXED FRUIT

VEGETABLE LENTIL SOUP  
WHOLE GRAIN ROLL  
MIXED FRUIT

10

11

12

13

14

TURKEY & AVOCADO WRAP WITH RANCH SAUCE ON A FLOUR TORTILLA  
SEASONED STEAMED CARROT STICKS  
HUMMUS CUP  
MIXED FRUIT SALAD

CHEESEBURGER ON A WHOLE GRAIN BUN  
SPINACH SALAD WITH CHERRY TOMATOES  
RANCH DRESSING  
FRUIT SALAD

SOUTHWEST BAKED ZITI TOPPED WITH DICED CHICKEN  
STEAMED BROCCOLI  
GREEN BEAN CASSEROLE  
MIXED FRUIT

TERIYAKI TURKEY BURGER ON A WHOLE GRAIN BUN WITH LETTUCE, TOMATO, & ONIONS)  
HOUSE SALAD W/RANCH  
CARROT COINS  
MIXED FRUIT

VEGETARIAN LASAGNA  
CUCUMBER  
TOMATO & GARBANZO BEANS  
SIDE SALAD W/BALSAMIC DRESSING  
FRESH FRUIT

17

18

19

20

21

GRILLED TURKEY BURGER ON A WHOLE GRAIN BUN WITH FIXINGS  
SEASONED SWEET POTATO FRIES  
DICED PEARS

CHICKEN ENCHILADAS IN GREEN SAUCE  
SEASONED BROWN RICE  
GREEN BEANS  
MIXED FRUIT

LOW SODIUM HAM, TURKEY AND CHEESE, SPINACH SANDWICH ON A WHOLE GRAIN BREAD WITH CONDIMENT PACKETS  
HOUSE SALAD W/RANCH  
STEAMED CARROTS  
MANDARINS

SPINACH & FETA SHREDDED  
CHICKEN  
SEASONED BROWN RICE  
STEAMED SEASONED GREEN BEANS  
FRESH FRUIT

VEGETARIAN BURRITOS  
BABY SPINACH SALAD WITH VINAIGRETTE  
MIXED FRUIT

24

25

26

27

28

TOMATO BASIL SHREDDED CHICKEN WITH SAUCE  
STEAMED & SEASONED BROWN RICE  
TOMATO, CUCUMBER, BASIL BLACK PEPPER, MOZZARELLA, OLIVE OIL SALAD

SALISBURY STEAK WITH GRAVY  
ROASTED SEASONED RED POTATOES WITH ONION & BELL PEPPERS (WITH KETCHUP PACKET)  
4-WAY VEGETABLE MIX  
MIXED FRUIT

GRILLED CHICKEN ON CAESAR SALAD WITH CROUTONS  
BAKED SEASON BROCCOLI  
MANDARINS

HOMESTYLE MEATLOAF W/GRAVY  
MASHED POTATOES  
SPINACH SALAD W/CUCUMBER, TOMATO, KIDNEY BEANS  
BALSAMIC DRESSING

EGG SPINACH & CHEESE STUFFED  
WHOLE GRAIN PITA  
STEAMED SEASONED CARROT STICKS  
APPLE SLICES & PEANUT BUTTER