






March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>USDA and this institution are equal Opportunity providers and employers</i></p>	<p>Milk Lochmead Dairy All milk served is 1%/non-fat unflavored or non-fat flavored milk for adult participants.</p>		<p>Chicken Teriyaki w/ WG Rice 1 Veggies WG Roll Fruit Milk</p>	<p>Ground Beef Meatloaf 2 Oven Roasted Red Potatoes Veggies Cottage Cheese w/Fruit WG Biscuit Milk</p>
<p>Salisbury Steak 5 w/ Gravy Garlic Mashers Veggies WG Roll</p>	<p>Ground Beef Lasagna (WG) Veggies Fruit WG Garlic Bread Milk</p>	<p>Sliced Turkey 7 with Cranberry Sauce Mashed Potatoes w/Gravy Veggies WG Roll</p>	<p>Baked Potato Bar *** 8 Veggies WG Muffin Fruit Milk</p>	<p>Pizza on WG Crust 9 Caesar Salad Fruit Milk</p>
<p>Chicken Fettuccini (WG) 12 Mixed Field Greens Salad WG Garlic French Bread Fruit Milk</p>	<p>Tater Tot Casserole 13 With Ground Beef Cherry Tomato Salad WG Muffin Fruit Milk</p>	<p>Hot Dogs on WG Bun 14 WG Mac N Cheese Bake Veggies Fruit Jello Milk</p>	<p>Pulled Pork on WG Hoagie 15 Bag of Chips Veggies Fruit Milk</p>	<p>Cheeseburger on WG Bun 16 Lettuce & Tomatoes Jo-jo's Fruit Milk</p> 
<p>Chicken Tamale Pie Bake 19 Sour Cream & Salsa WG Tortilla Chips Mixed Field Greens Salad Fruit Milk</p>	<p>Chicken Pot Pie 20 Spinach Strawberry Salad WG Biscuit Fruit Milk</p> 	<p>Club Sub on WG Bun 21 Cream Broccoli Cheese Soup Fruit Milk</p>	<p>Chicken Patty Burger on WG Bun 22 Broccoli Salad Chips Veggies, Fruit, Milk</p> 	<p>Egg Salad on WG Croissant 23 Vegetarian Lentil Soup WG Crackers Fruit Milk</p>
<p>Tuna & Cheese Melt 26 On WG Bread Tomato Ravioli Soup WG Crackers Veggies Fruit, Milk</p>	<p>Fish WG Rice Medley Veggies WG Biscuit Fruit Milk</p>	<p>BBQ Chicken Thighs 28 Potato Salad Veggies WG Cornbread Fruit Milk</p>	<p>Chicken Enchiladas 29 WG Tortillas Refried Beans WG Spanish Rice Salsa & Sour Cream Fruit Milk</p>	<p>Cheesy Egg Bake 30 w/Veggies Sausage Links WG French Toast w/Strawberries Milk</p>

***BAKED POTATO BAR INCLUDES: POTATO, TACO MEAT, MELTED CHEESE, TOMATOES, GREEN ONIONS, COOKED BROCCOLI, SOUR CREAM & SALSA
 Legend: WG = Whole Grain


Dental Screenings

Bring back your completed dental forms if you would like to have the recommended dental procedures in future months. The forms have to be completed fully with insurance information or a fee of \$40.00 will be needed.



Chintimini Wildlife Center

Two staff from the Chintimini Wildlife Center are coming for a visit with two of it's recovering birds. The program is on Friday March 9th at 1:30-2:30. The Chintimini Wildlife Center assists with rehabilitation of injured or orphaned wild creatures. They hope to release the animals back into the wild.



OUTINGS

This month's outings will be a drive though Finley Wildlife Refuge on Wednesday March 7th. We hope to see many different kinds of migratory & native birds. Plus another trip to the Albany Carousel on Friday March 23rd.

