







March 2019

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>Salisbury Steak w/ Gravy 1 Garlic Mashers Veggies WGR Roll Fruit Milk</p>
<p>Veggie Chili with 4 (WGR) Cornbread Bowl Sour Cream, Green Onions & Cheese Mixed Field Greens Salad Fruit Milk</p>	<p>Chicken Pot Pie 5 Spinach Strawberry Salad WGR Biscuit Fruit Milk</p> 	<p>Club Sub on WGR Bun 6 Clam Chowder Soup Fruit Milk</p>	<p>Chicken Patty Burger on 7 WGR Bun Broccoli Salad Chips Fruit, Milk</p> 	<p>Egg Salad on 8 WGR Croissant Homestyle Chicken Noodle Soup WGR Crackers Fruit Milk</p>
<p>Tuna & Cheese Melt 11 On WGR Bread Tomato Ravioli Soup WGR Crackers Veggies Fruit, Milk</p>	<p>Fish (WGR Breeding) 12 WG Rice Medley Veggies WGR Biscuit Fruit Milk</p>	<p>BBQ Chicken Thighs 13 Potato Salad Veggies WGR Cornbread Fruit Milk</p>	<p>Chicken Enchiladas 14 WGR Tortillas Refried Beans WG Spanish Rice Salsa & Sour Cream Fruit Milk</p>	<p>Cheesy Egg Bake 15 w/Veggies Sausage Links WGR French Toast w/Strawberries Milk</p> 
<p>Ground Beef Meatloaf 18 Oven Roasted Red Potatoes Cottage Cheese With Fruit WGR Biscuit Veggies Milk</p> 	<p>Herb Chicken Thighs 19 Baked Beans Veggies Fruit Salad WGR Biscuit Milk</p>	<p>Chicken Salad 20 On WGR Croissant Minestrone Soup Veggies Fruit Milk</p>	<p>WGR Spaghetti with 21 Meatballs WGR Garlic French Bread Caesar Salad Fruit Milk</p>	<p>Chicken Teriyaki w/ 22 WG Rice Veggies WGR Roll Fruit Milk</p>
<p>Pizza on WGR Crust 25 Caesar Salad Fruit Milk</p>	<p>Salisbury Steak with 26 Gravy Garlic Mashers Veggies WGR Roll Fruit Milk</p>	<p>Ground Beef Lasagna (WG) 27 Veggies Fruit WGR Garlic Bread Milk</p>	<p>Sliced Turkey with 28 Cranberry Sauce Mashed Potatoes w/Gravy Veggies WGR Roll Fruit Milk</p> 	<p>Baked Potato Bar *** 29 Veggies WGR Muffin Fruit Milk</p>

March Outings:

We have two wonderful outings in March. The first one is on Friday the 8th from 1:00 to 2:45. We are going to a local plant nursery in hopes of finding plants and seeds for our garden. Yes, it is time to start the garden!!!

Our second outing will be a trip to OSU. We will drive through the campus, Wednesday the 27th, (during Spring Break). We will locate several different learning centers and historic OSU buildings.

We will take a short tour of either the art show at Fairbanks Hall or of one of the athletic facilities.



Dental Screenings

and more.

We have a 2nd free dental screening on Wed .March 27th with Benton County Health, (BCH). Simple suggested treatments for those screened on the 27th or from the previous screening, can be done this day as well (additional paperwork will be sent home prior.) To schedule appointment and discuss, please contact Nurse Lee at 541-754-8417 .



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