

Elderhaus and Mindset March 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p>Rolls or bread are served with lunch daily.</p> <p>Whole Grain (WGR) Requirement is served at Breakfast Daily.</p> <p>1% unflavored Milk served daily at breakfast and lunch</p>		<p>Breakfast: WW Pancakes (WGR) ½ Banana; Milk</p> <p>Lunch: Roast Turkey w/gravy Stuffing; Peas Fresh Fruit Roll; Milk</p> <p>Snack: Yogurt and Fruit</p>	<p>Breakfast: Cream of Wheat WW Toast (WGR) Fresh Fruit; Milk</p> <p>Lunch: Bratwurst w/bun 3-Bean Salad Peaches; Milk</p> <p>Snack:</p>	<p>Breakfast: WW French Toast (WGR) Apricots; Milk</p> <p>Lunch: Chicken Enchilada Casserole; Corn Tropical Fruit; Milk</p> <p>Snack: Apple Juice Crackers</p>
6	7	8	9	10
<p>Breakfast: WW French Toast (WGR) Pears; Milk</p> <p>Lunch: Beef Stroganoff Egg Noodles Peas; Roll Fresh Fruit; Milk</p> <p>Snack: Cottage Cheese Peaches</p>	<p>Breakfast: Baked Oatmeal WW Toast (WGR) Fresh Fruit; Milk</p> <p>Lunch: Chicken Lo Mein Stir Fry Vegetables Mandarin Oranges Roll; Milk</p> <p>Snack: Apple Juice Crackers</p>	<p>Breakfast: Cold Cereal (variety) WW Toast (WGR) Peaches; Milk</p> <p>Lunch: BBQ Pork Sand. Baked Beans Fresh Fruit; Milk</p> <p>Snack: Corny Salsa Tortilla Chips (snack creation)</p>	<p>Breakfast: WW Pancakes (WGR) Fresh Fruit; Milk</p> <p>Lunch: Chicken Cacciatore Side Salad Greens Baked Apple Slices Roll; Milk</p> <p>Snack: Cucumber/Tomato Salad</p>	<p>Breakfast: Hard Boiled Egg WW Toast (WGR) Pineapple; Milk</p> <p>Lunch: Beef Burrito Refried Beans Fresh Fruit; Milk</p> <p>Snack: Muffin and Milk</p>
13	14	15	16	17
<p>Breakfast: Scrambled Eggs WW Toast (WGR) Peaches; Milk</p> <p>Lunch: Ham/Cheese Sandwich Cole Slaw Fruit Cocktail; Milk</p> <p>Snack: Cucumber/Tomato Salad</p>	<p>Breakfast: WW Pancakes (WGR) Pineapple; Milk</p> <p>Lunch: Pork Roast Broccoli/Grape Salad Applesauce Roll; Milk</p> <p>Snack: Juice & Crackers</p>	<p>Breakfast: Baked Oatmeal WW Toast (WGR) ½ Banana; Milk</p> <p>Lunch: Cabbage Soap w/ground beef Corn; Grapes Roll; Milk</p> <p>Snack: Fresh Vegetables Dip</p>	<p>Breakfast: WW French Toast (WGR) Grapes; Milk</p> <p>Lunch: Chicken Stir Fry w/Vegetables Rice Mandarin Oranges Milk</p> <p>Snack: Broccoli/Grape Salad</p>	<p>Breakfast: Cold Cereal (variety) WW Toast (WGR) Applesauce; Milk</p> <p>Lunch: Roast Beef Sand. (open-faced) Potatoes & gravy Peas; Tropical Fruit Milk</p> <p>Snack: Apple Slices Peanut Butter</p>
20	21	22	23	24
<p>Breakfast: Cold Cereal (variety) WW Toast (WGR) Pears; Milk</p> <p>Lunch: Stuffed Green Pepper Soup; Corn; Roll ½ Banana; Milk</p> <p>Snack: Yogurt & Crackers</p>	<p>Breakfast: Oatmeal WW Toast (WGR) Mandarin Oranges Milk</p> <p>Lunch: Creamy Pesto Chicken Pasta; Roll Broccoli Normandy Peaches; Milk</p> <p>Snack: Cottage Cheese Pears</p>	<p>Breakfast: WW Pancakes (WGR) Tropical Fruit; Milk</p> <p>Lunch: Beef/Cheddar Sand. (toasted) Sweet Potato Fries Applesauce; Milk</p> <p>Snack: Muffin & Milk</p>	<p>Breakfast: Cream of Wheat WW Toast (WGR) ½ Banana; Milk</p> <p>Lunch: Meatloaf w/gravy Mashed Potatoes Broccoli; Roll Mandarin Oranges Milk</p> <p>Snack: Chicken/Fruit Salad</p>	<p>Breakfast: WW French Toast (WGR) Fruit Cocktail; Milk</p> <p>Lunch: Soft Chicken Taco Lettuce/Tomato Refried Beans Grapes; Milk</p> <p>Snack: Juice & Crackers</p>
27	28			
<p>Breakfast: Baked Oatmeal WW Toast (WGR) Peaches; Milk</p> <p>Lunch: Beef Pot Roast w/gravy Potatoes; Carrots Peas; Roll Pears; Milk</p> <p>Snack: Cucumber & Tomato w/dip</p>	<p>Breakfast: Cold Cereal (variety) WW Toast (WGR) Apricots; Milk</p> <p>Lunch: BBQ Pork on a Bun Baked Beans Tropical Fruit; Milk</p> <p>Snack: Yogurt & Crackers</p>			

March Picnic Lunches

Mindset

Monday	Monday	Monday	Monday
6	13	20	27
Ham & Cheese Sandwich; Pea Salad ½ Banana; Milk	Chef Salad w/Turkey Applesauce; Roll; Milk	Chicken Salad Sandwich Broccoli Salad; Grapes Milk	Ham & Cheese Wrap 3-Bean Salad Apple Slices; Milk

This institution is an equal opportunity provider.