










# MARCH FOOD FOR ALL COLD MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> WHOLE WHEAT BAGEL HONEY CINNAMON CREAM CHEESE RED GRAPES PINEAPPLE TIDBITS BLACK EYED PEA SALAD
<b>4</b>  TUNA SALAD ON GREENS EGGS AND TOMATO WEDGES GARBANZO BEAN SALAD PINEAPPLE TIDBITS WHOLE GRAIN ROLL	<b>5</b> <i>Mardi Gras</i>  PEPPERONI PASTA COTTAGE CHEESE*** APPLESAUCE WHOLE GRAIN ROLL	<b>6</b> <i>Ash Wednesday</i> TURKEY BOWTIE PASTA SALAD CRUSHED PINEAPPLE BLUEBERRY YOGURT WHOLE GRAIN ROLL	<b>7</b> ROAST BEEF AND CHEESE LEAF LETTUCE WHOLE GRAIN BUN MANDARIN ORANGES PICKLED BEETS 	<b>8</b> FRESH CUT VEGETABLES HERBED CREAM CHEESE BOILED EGG CARROT RAISIN SLAW FRUIT MUFFIN
<b>11</b> CHICKEN PESTO PASTA SALAD MAR. TOMATOES & ONIONS FRUIT COCKTAIL WHOLE GRAIN ROLL	<b>12</b>  HAM SALAD ON MIXED GREENS EGG AND GRAPE TOMATOES PEARS BROCCOLI SALAD*** WHOLE GRAIN ROLL	<b>13</b> HONEY HAM AND CHEDDAR LEAF LETTUCE WHOLE GRAIN BUN PEARS COLESLAW	<b>14</b> CRAB AND DILL PASTA SALAD APPLESAUCE MARINATED CUCUMBERS WHOLE GRAIN ROLL	<b>15</b> TURKEY TWIST PASTA SALAD RED FLAME GRAPES CORN AND BLACK BEAN SALAD WHOLE GRAIN ROLL
<b>18</b> COLD CHINESE CHICKEN SALAD MARINATED CALIFORNIA SALAD MANDARIN ORANGES CHOWMEIN NOODLES	<b>19</b>  ROTINI AND TUNA PASTA SALAD BROCCOLI SALAD*** STRAWBERRY YOGURT WHOLE GRAIN ROLL	<b>20</b> <i>Vernal equinox</i> TURKEY AND SWISS LEAF LETTUCE WHOLE GRAIN BUN TROPICAL FRUIT COTTAGE CHEESE & TOM WEDGE	<b>21</b>  CHICKEN CAESAR WRAP CUCUMBER SALAD RED GRAPES	<b>22</b>  ASIAN SEAFOOD SALAD CARROT AND RAISIN SLAW MIXED FRUIT WHOLE GRAIN ROLL
<b>25</b> CHICKEN SALAD ON LEAF LETTUCE CANTALOUPE SLICE ZUCCHINI SLAW CINNAMON APPLESAUCE WHOLE WHEAT CRACKERS	<b>26</b> CREAMY CRAB AND DILL PASTA STRAWBERRY YOGURT*** MANDARIN ORANGES WHOLE GRAIN ROLL	<b>27</b> MEDITERRANEAN TURKEY SALAD PEACHES MOZZARELLA CHEESE CUBES WHOLE GRAIN ROLL	<b>28</b> GRILLED CHICKEN PASTA SALAD MANDARIN ORANGES KIDNEY BEAN SALAD WHOLE GRAIN ROLL	<b>29</b> VEGETARIAN TACO SALAD COTTAGE CHEESE RED FLAME GRAPES TORTILLA CHIPS SALSA AND RANCH PACKETS

Oh so  
**LUCKY**  
to have  
you!

Each meal meets the new A.A.A. approved nutritional guidelines.  
 All meals have between 80-120 grams of carbohydrates. All meals are trans-fat free.

