

Friendly Fork March Menu 2018

1	Sweet and Sour Beef Meatballs with Brown Rice, Colorado Broccoli Salad, Mandarin Oranges and Pineapple, Fruity Nut Granola Bar, Milk 1%
2	Tahitian Chicken, Brown Rice Pilaf, California Blend Vegetables, Apricots and Raspberries, Chocolate Muffin, Butter, Milk 1%
5	BBQ Beef on a Wheat Bun, Creamy Potato Salad, Green Beans, Corn and Red Pepper Mix, Peaches and Raspberries, Milk 1%
6	Roast Turkey, Mashed Red Potatoes, Gravy, Three Bean Salad, Mixed Melon, Wheat Roll, Butter, Milk 1%
7	Chicken Parmesan and Marinara, Parslied Penne, Italian Vegetables, Pineapple, Breadstick, Butter, Milk 1%
8	Soft Beef and Bean Taco, Pico De Gallo, Sour Cream, Mexicorn, Tropical Fruit Salad, Cornbread Muffin, Butter, Honey, Milk 1%
9	Lemon Baked Cod, Lemon Wedge, Tartar Sauce, Baked Potato, Sour Cream, Butter, Broccoli-Cauliflower Salad with Ranch Dressing, Grapes, Raspberry Muffin, Butter, Milk 1%
12	Cabbage Casserole, Marinated Vegetables, Mixed Fruit with Red Grapes, Morning Glory Muffin, Butter, Milk 1%
13	Lemon Dijon Chicken Breast, Roasted Parsnips, Turnips, Beets and Carrots, Brown Rice with Cream Gravy, Wheat Roll, Butter, Chocolate Muffin, Milk 1%
14	Chicken Alfredo over Wheat Pasta, Spinach Garbanzo Bean Salad with Italian Dressing, Banana and Blueberries, Lemon Pudding, Milk 1%
15	French Dip with Au Jus Cup, Oven Brown Potatoes, Creamy Coleslaw, Strawberries and Bananas, Milk 1%
16	Corned Beef, Cabbage, Carrots, Mustard, Rainbow Salad, Potato Colcannon, Rye Bread, Butter, Fruit Salad, Saint Patty's Day Cookie, Milk 1%
19	Beef Tips, Mashed Red Potatoes, Gravy, California Blend Vegetables, Wheat Roll, Butter, Mixed Fruit, milk 1%

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20	Italian Meatloaf, Italian Vegetable Medley, Apple Waldorf Salad, Wheat Roll, Butter, Cherry Crisp, Milk 1%
21	Roast Beef, Brown Gravy, Baked Potato, Sour Cream, Butter, Brussels Sprouts with Malt Vinegar, Wheat Roll, Butter, Chocolate Pudding, Milk 1%
22	Stuffed Green Pepper, Scalloped Potatoes, Mixed Fruit, Mint Cucumber/Tomato Salad, Rice Krispie Treat, Milk 1%
23	Egg Salad on Wheat, Lettuce/Tomato, Marinated Vegetable Salad, Cantaloupe, Brownie, Milk 1%
26	Chicken Cacciatore, Orzo, Italian Tuscan Blend, Wheat Roll, Butter, Buttered Apples, Milk 1%
27	Austrian-Style Pork, Roasted Potatoes, Broccoli Florets, Peaches and Strawberries, Bread Pudding, Milk 1%
28	Hamburger with Wheat Bun, Ketchup, Mustard, Creamy Coleslaw, Oven Brownd Potatoes, Tomato/Lettuce Slice, Dried Fruit and Nut Cup, Milk 1%
29	Navy Bean Soup, Wheat Crackers, Tuna Salad Sandwich on Wheat Bread, Lettuce/Tomato Slice, Mixed Fruit, Chocolate Chip Cookie, Milk 1%
30	Salmon with Lemon Wedge, Tartar Sauce, Whipped Sweet Potatoes, Peas with Pearl Onions, Honeydew Melon, Wheat Roll, Butter, Milk 1%,