


307-348-7387 LIKE A LUNCH, CALL TODAY!

\$5 ages 60+ / \$12 ages 59 and under

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| <p>March 2023</p>  | <p>BIRTHDAYS</p> <p>Marion McCartney 7 Jim Jones 14 Bob Meyer 21 Paul Blight 23</p> | <p>WEDNESDAY 1 Spaghetti/meat sauce Tossed Salad Broccoli Garlic Bread Mandarin Oranges Milk</p> | <p>THURSDAY 2 Country Fried Steak Mash. Pot./gravy Corn Wheat Roll Purple Plums Milk</p> | <p>FRIDAY 3 Baked Fish Au Gratin Potatoes Spinach Mandarin Salad Mixed Vegetables Wheat Bread Fruit Cocktail Brownie Milk</p> | <p>SATURDAY 4</p> |
| <p>MONDAY 6 Salisbury Steak Mash. Pot./gravy Relish Tray Asparagus Wheat Roll Pears Milk</p> | <p>TUESDAY 7 Baked Pork Chop Wild Rice Blend Cauliflower Wheat Bread Strawberries Milk</p> | <p>WEDNESDAY 8 Lasagna Spring Salad Italian Vegetables Garlic Bread Pineapple Tidbits Milk</p> | <p>THURSDAY 9 Chicken Strips Sweet Potato Wedges Strawberry Spinach Salad Beets Wheat Bread Peaches Milk</p> | <p>FRIDAY 10 Tuna Salad Sandwich Split Pea Soup Pickle Mandarin Oranges Pumpkin Bars Milk</p> | <p>SATURDAY 11</p> <p>BREAKFAST 9 am French Toast w/Blueberries Bacon Juice</p> |
| <p>MONDAY 13 Meat Loaf O'Brien Potatoes Lettuce & Tomato Salad Cauliflower Wheat Roll Purple Plums Milk</p> | <p>TUESDAY 14 Sweet/Sour Pork Rice Oriental Vegetables Egg Roll Citrus Fruit Milk</p> | <p>WEDNESDAY 15 White Bean Chicken Chili Tossed Salad Cornbread Apricots Milk</p> | <p>THURSDAY 16 Cheeseburger French Fries Brussels Sprouts Carrot Raisin Salad Pears Milk</p> | <p>FRIDAY 17 Corned Beef Parsley Potatoes Cabbage Wheat Roll ½ Orange Lime Jello Poke Cake Milk</p> | <p>SATURDAY 18</p> |
| <p>MONDAY 20 Sloppy Jo Tater Tots Relish Tray Asparagus ½ Banana Milk</p> | <p>TUESDAY 21 Turkey Fettuccini Spinach Salad w/Mushrooms Beets Pineapple Tidbits French Bread Milk</p> | <p>WEDNESDAY 22 Oven Chicken Mash. Pot./gravy Zucchini Wheat Roll Mandarin Oranges Milk</p> | <p>THURSDAY 23 Baked Ham Baked Potato Peas Wheat Bread Purple Plums Milk</p> | <p>FRIDAY 24 Porcupine Meatballs Tossed Salad Mixed Vegetables Wheat Bread Strawberry Shortcake Milk</p> | <p>SATURDAY 25</p> <p>BREAKFAST 9 am Sausage Patty Scrambled Eggs Cubed Potatoes Juice</p> |
| <p>MONDAY 27 Grilled Chicken Sandwich 3 Bean Salad Corn Tropical Fruit Milk</p> | <p>TUESDAY 28 Beef Roast Mash. Pot./gravy Steamed Carrots Wheat Roll Fruit Cocktail Milk</p> | <p>WEDNESDAY 29 Pizza w/ Meat & Veggies Tossed Salad Peach Crisp Milk</p> | <p>THURSDAY 30 Swiss Steak Shell Pasta Lettuce Salad Broccoli Wheat Roll ½ Orange Milk</p> | <p>FRIDAY 31 Ham & Beans Coleslaw Corn Bread Cherries Milk</p> | <p>Recommended Serving Sizes 3 oz. meat ½ cup of vegetables ½ cup of fruit 2 servings of bread or complex carbohydrate 1 cup of 2% milk</p> |

