


Lunch is \$5 for 60+ / \$12 for 59 and under

Like a lunch, call 307-348-7387 by 9 am, morning of the meal. ThankYou!

<p>March 2024</p> 	<p>BIRTHDAYS</p> <p>Marion McCartney March 7 Jim Jones March 14 Bob Meyer March 21</p>				<p>FRIDAY 1 Baked Fish Au Gratin Potatoes Mixed Vegetables Wheat Bread Fruit Cocktail Brownie Milk</p>	<p>SATURDAY 2</p>
<p>MONDAY 4 Salisbury Steak Mashed Pot./Gravy Asparagus Wheat Roll Pears Milk</p>	<p>TUESDAY 5 Baked Pork Chop Wild Rice Blend Broccoli Wheat Bread Applesauce Milk</p>	<p>WEDNESDAY 6 Lasagna Tossed Salad Italian Vegetables Garlic Bread Pineapple Tidbits Milk</p>	<p>THURSDAY 7 Chicken Strips Sweet Potato Wedges Strawberry Spinach Salad Wheat Bread Peaches Milk</p>	<p>FRIDAY 8 Tuna Salad Sandwich Split Pea Soup Pickle Mandarin Oranges Pumpkin Bars Milk</p>	<p>SATURDAY 9 <i>Breakfast 9 am</i> French Toast Bacon Juice</p>	
<p>MONDAY 11 Meat Loaf O'Brien Potatoes Lettuce & Tomato Salad Wheat Roll Strawberries Milk</p>	<p>TUESDAY 12 Sweet & Sour Pork Rice Oriental Vegetables Egg Roll Citrus Fruit Milk</p>	<p>WEDNESDAY 13 White Bean Chicken Chili Tossed Salad Cornbread Apricots Milk</p>	<p>THURSDAY 14 Cheeseburger w/ Lettuce Tomato Onion French Fries Carrot Raisin Salad Pears Milk</p>	<p>FRIDAY 15 Corned Beef Parsley Potatoes Cabbage Wheat Roll ½ Orange Lime Jello Poke Cake Milk</p>	<p>SATURDAY 16</p>	
<p>MONDAY 18 Sloppy Jo Tater Tots Relish Tray Asparagus ½ Banana Milk</p>	<p>TUESDAY 19 Turkey Fettuccini Spinach Salad w/Mushrooms French Bread Pineapple Tidbits Milk</p>	<p>WEDNESDAY 20 Oven Chicken Mashed Pot./Gravy Zucchini Wheat Roll Mandarin Oranges Milk</p>	<p>THURSDAY 21 Baked Ham Baked Potato Peas Wheat Bread Fruit Cocktail Milk</p>	<p>FRIDAY 22 Porcupine Meatballs Tossed Salad Mixed Vegetables Wheat Bread Strawberry Shortcake Milk</p>	<p>SATURDAY 23 <i>Breakfast 9 am</i> Sausage Gravy Biscuits Roasted Potatoes Juice</p>	
<p>MONDAY 25 Grilled Chicken Sandwich w/ Lettuce & Tomato 3 Bean Salad Tropical Fruit Milk</p>	<p>TUESDAY 26 Beef Roast Mashed Pot./Gravy Steamed Carrots Wheat Roll Grapes Milk</p>	<p>WEDNESDAY 27 Pizza w/ Meat & Veggies Tossed Salad Peach Crisp Milk</p>	<p>THURSDAY 28 Swiss Steak Shell Pasta Broccoli Wheat Roll ½ Orange Milk</p>	<p>FRIDAY 29 Ham & Beans Coleslaw Corn Bread Apple Slices 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>	