

# March 2020 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 *Meatballs 3-1 oz. *Spaghetti 1/2 c w/ Sauce *Antigua Blend 1/2 c *Carrots 1/2 c Whole Grain Wheat Tropical Fruit 1/2 c ALT = CS TR	3 *Baked Chicken Breast 3 oz. Gravy 2 oz. *Mashed Potatoes 1/2 c *Red Cabbage 1/2 c / 1PC vinegar Whole Grain White Pineapple Chunks 1/2 c ALT = CBG T	4 *Roasted Turkey Breast, 3 oz *Gravy 2oz / *Stuffing 1/2 c *Green Beans 1/2 *Corn w/ Red Peppers 1/2 c W.G. Dinner Roll Banana ALT = CBG TR	5 *Roasted Pork Loin 3 oz. *Sweet Potatoes 1/2 c *Broccoli 1/2 c W.G. Biscuit, 2 oz. Sliced Apricots 1/2 c ALT = CBG RB	6 *Breaded Fish 4 oz. Tartar Sauce 1 PC *Cole Slaw 1/2 c *Potato Wedges 1/2 c 2 Whole Grain Wheat Sliced Peaches 1/2 c ALT = CBG TR
9 *Sliced Ham 3 oz. w/ Pineapple Glaze *Au gratin Potatoes 1/2 c *Cauliflower/Broccoli 1/2 c 2 Whole Grain Wheat Sliced Peaches 1/2 c ALT = CS RB	10 *BBQ Chicken Breast 3 oz. *Sweet Potatoes 1/2 c *Brussels Sprouts 1/2 c W. G Buttermilk Biscuit 2 oz. Mandarin Oranges 1/2 c ALT = CBG RB	11 *Swedish Meatballs 3-1 oz. w/Gravy 2 oz./ *Noodles 1/2 c *Green Beans 1/2 c Sautéed Mushrooms 1/2 c. Whole Grain White Sliced Apricots 1/2 c ALT = CBG T	12 *Chicken Stir Fry 3 oz *Oriental Blend 1/2 c *Carrots 1/2 c *Brown Rice 1/2 c W.G Vanilla Wafers. Sliced Pears 1/2 c ALT = CBG TR	13 *Vegetable Lasagna 6 oz. *Cauliflower 1/2 c *California Blend 1/2 c Whole Grain Wheat Fresh Grapes 1 cup W.G. Vanilla Wafers 1 oz. ALT=CBG T
16 *Tomato Basil Chicken 3 oz. *W G Pasta 1/2 c Sauce 2 oz. *Spinach 1/2 c/1 PC Lemon Juice *Carrots 1/2 c W.G. Wheat Sliced Peaches 1/2 c ALT = CS RB	17 *Beef Meatloaf w/ Ketchup Glaze 3 oz. *Baked Beans 1/2 c *Antigua Blend 1/2 c 2 Whole Grain White Chunky Applesauce 1/2 c ALT = CBG T	18 * Roasted Turkey Breast 3 oz. * Gravy 2 oz./ Stuffing 1/2 c *Green Peas 1/2 c Cape Cod Blend 1/2 c 1 Whole Grain Wheat Mixed Fruit 1/2 c ALT = CBG RB	19 *Stuffed Pepper 6 oz. w/Sauce 2 oz. *Mashed Potatoes 1/2 c *Green Beans 1/2 c 2 Whole Grain Wheat Banana ALT = CBG TR	20 *Cheese Ravioli 6 oz. *Broccoli 1/2 c *Baby Lima Beans 1/2 c Whole Grain Breadsticks 2 oz. Fresh Grapes 1 c ALT = CBG T
23 *Stuffed Cabbage 6 oz. w/ Sauce 2 oz. *Mashed Potatoes 1/2 c *Cape Cod Blend 1/2 c 2 Whole Grain Wheat Sliced Pears 1/2 c ALT = CS RB	24 *Breaded Fish 4 oz Tartar Sauce 1 PC *Brown Rice 1/2 c *Cauliflower 1/2 c *Kyoto Blend 1/2 c Whole Grain White Mixed Fruit 1/2 c ALT = CBG TR	25 *Lemon Gravy 2 oz/ Chicken 3 oz. *Mashed Potatoes 1/2 c *Green Beans 1/2 c 2 Whole Grain White Orange ALT = CBG T	26 *BBQ Rib Patty 3 oz. BBQ Sauce 1 PC *Sweet Potatoes 1/2 c *Brussel Sprouts 1/2 c Whole Grain Bun Fresh grapes 1 c ALT = CBG RB	27 *2-2 oz. Stuffed Shells w/ Sauce 2 oz. *Spinach 1/2 c/1 PC Lemon Juice *Capri Blend 1/2 c Whole Grain Garlic Toast 2 oz. Banana ALT = CBG T
30 *Beef Sloppy Joe 4 oz. *Green Peas 1/2 c *Harvard Beets 1/2 c Whole Grain Bun Sliced Apricots 1/2 c ALT = CS RB	31 *Hamburger 3 oz. Ketchup 2 PC *Seasoned Potato Wedges 1/2 c *Baked Beans 1/2 c Whole Grain Bun Chunky Applesauce 1/2 ALT = CBG TR	Choice of 1% Milk or Buttermilk *Take Temperature of milk and all food proceeded by an asterisk	<b>Menu Approved By:</b> Ann Stahlheber MS, RDN, LD	

Western Reserve Area Agency on Aging - 2019

Note: Box Lunch Default Menu choice is shown in the right hand corner of each day.

“T” = Tuna, “TR” = Turkey, “RB” = Roast Beef

ALT CS = Chicken Salad with Croissant, ALT CBG Spring Lettuce Salad w/ Chicken Breast