

# March 2023 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Choice of : 1% Milk or Buttermilk</p> <p>*=Take Temperature of Milk and all food proceeded by an asterisk</p>	<p><b>Menu Approved by:</b> <i>Ann Stalheber, MS, RDN, LD</i></p>	<p>1</p> <p>*Roasted Turkey Breast 3 oz *Gravy 2oz / *Stuffing ½ c *Green Beans ½ *Corn w/ Red Peppers ½ c W.G. Dinner Roll Banana</p> <p>ALT = CBG T</p>	<p>2</p> <p>*Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c *Broccoli ½ c W.G. Biscuit, 2 oz. Sliced Apricots ½ c</p> <p>ALT = CBG T</p>	<p>3</p> <p>*Vegetable Lasagna 6 oz. *Carrots ½ c *Succotash ½ c Whole Grain Wheat Pineapple Chunks ½ c W.G. Vanilla Wafers 1 oz.</p> <p>ALT = CBG TR</p>
<p>6</p> <p>*Beef Lasagna 3 oz. *Spinach ½ c *Carrots ½ c Whole Grain Dinner Roll, 2 oz Applesauce ½ c</p> <p>ALT = CS TR</p>	<p>7</p> <p>*Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Green Peas W.G. Cereal Bar 1 oz Pineapple ½ c</p> <p>ALT = CBG RB</p>	<p>8</p> <p>*Stuffed Pepper 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Carrots ½ c 2 Whole Grain Wheat Banana</p> <p>ALT = CBG T</p>	<p>9</p> <p>*BBQ Chicken Breast 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c W. G Buttermilk Biscuit 2 oz. Mandarin Oranges ½ c</p> <p>ALT = CBG RB</p>	<p>10</p> <p>*Breaded Fish 4 oz. Tartar Sauce 1 PC *Cole Slaw ½ c *Potato Wedges ½ c W.G. Hamburger Bun Scalloped Apples ½ c</p> <p>ALT = CBG TR</p>
<p>13</p> <p>*Beaded Chicken Patty 3 oz. Mayo 1 PC *Corn ½ c *Roasted Potatoes ½ c Whole Grain bun, 2 oz Sliced Pears ½ c</p> <p>ALT = CS RB</p>	<p>14</p> <p>*Salisbury Steak 3 oz. * Mushroom Gravy 2 oz. *W.G. Noodles ½ c *Green Beans ½ c Buttered Beets ½ c Whole Grain White Sliced Apricots ½ c</p> <p>ALT = CBG T</p>	<p>15</p> <p>*Chicken Marsala 3 oz *Brown Rice ½ c *Capri Blend ½ c Broccoli ½ c Whole Grain wheat Mixed Fruit ½ c</p> <p>ALT = CBG RB</p>	<p>16</p> <p>*3 oz. Corned Beef Cabbage and Carrots ½ c Roasted Red Potatoes ½ c 2 W.G. Rye Applesauce ½ c</p> <p>ALT = CBG TR</p>	<p>17</p> <p>*Cheese Ravioli 6 oz. *Zucchini ½ c *Cauliflower ½ c Whole Grain Breadsticks 2 oz. Mandarin Oranges ½ c</p> <p>ALT = CBG T</p>
<p>20</p> <p>*Roasted Turkey Breast 3 oz. * Gravy 2 oz./ *Sweet Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Cranberry Juice ½ c</p> <p>ALT = CS RB</p>	<p>21</p> <p>*Sliced Ham 3 oz. w/ Pineapple Glaze *Scalloped Potatoes ½ c *Mixed Vegetables ½ c W.G. Corn Bread 2 oz Pears ½ c</p> <p>ALT = CBG TR</p>	<p>22</p> <p>*Lemon Gravy 2 oz/ Chicken 3 oz. *Brown Rice ½ c Carrot Coins ½ c *Cape Cod Blend ½ c Whole Grain White Orange</p> <p>ALT = CBG RB</p>	<p>23</p> <p>*Swedish Meatballs 3-1 oz. w/Gravy 2 oz./ *Noodles ½ c *California Blend ½ c Sautéed Mushrooms ½ c. Whole Grain White Sliced Apricots ½ c</p> <p>ALT = CBG T</p>	<p>24</p> <p>2-2 oz. Stuffed Shells w/ Sauce 2 oz. *Spinach ½ c/1 PC Lemon Juice *Lima Beans ½ c Whole Grain Garlic Toast 2 oz. Sliced Pears ½ c</p> <p>ALT=CBG TR</p>
<p>27</p> <p>*Beef Sloppy Joe 4 oz. *Cauliflower ½ c * Buttered Beets ½ c Whole Grain Bun Sliced Peaches ½ c</p> <p>ALT = CS TR</p>	<p>28</p> <p>*Chicken Cacciatore 3 oz *W.G. Spaghetti ½ c *w/ Sauce 2 oz Kyoto Blend ½ c, Zucchini ½ c Dinner Roll, 1 oz Pears ½ c</p> <p>ALT = CBG RB</p>	<p>29</p> <p>*Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *Butternut Squash ½ c W. G. Dinner Roll, 2 oz Banana</p> <p>ALT = CBG T</p>	<p>30</p> <p>*Beef Meatloaf w/ Ketchup Glaze 3 oz. *Mashed Potatoes ½ c/ 2 oz gravy *Broccoli ½ c 2 Whole Grain White Chunky Applesauce ½ c</p> <p>ALT = CBG TR</p>	<p>31</p> <p>*Breaded Fish 4 oz. Tartar Sauce 1 PC *Green Peas ½ c *Potato Wedges ½ c W.G. Hamburger Bun Grapes 1 c</p> <p>ALT = CBG TR</p>

Western Reserve Area Agency on Aging - 2023

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