**MAR 3-7 CDH 2016 MHD \*ALL DINE-IN MEALS SERVED WITH CHOICE: TEA, WATER, 2% MILK**

**3rd MON** **2016-07** MEAT LASAGNA, FOUR PART SALAD, ITALIAN FF DRESSING, HONEY WHEAT ROLL, CITRUS MELODY

**4th TUE** **2016-06** DIJON CHICKEN, LIMA BEANS, FRENCH BREAD, ORANGE SLICES

**5th WED** **2016-17** BRD CHICKEN TENDERS, WHOLE GRAIN VEG RICE, SUGAR SNAP PEAS, FRUIT MEDLEY, TAPIOCA PUDDING

**6th THU** **2016-18** BAKED POTATO& CHILI, CHEESE, BROCCOLI CUTS, BAKED CINNAMON APPLE

**7th FRI** **2016-02** SALISBURY STEAK, GRAVY, MASHED POTATOES, FOUR PART SALAD, ITALIAN FF DRESSING, DINNER ROLL, BAKED APPLE

**MAR 10-14 CDH/AWD WEEK 6 2012**

**10th MON** POLISH SAUSAGE, RED CABBAGE W/SWEET & SOUR SAUCE, GERMAN POTATO SALAD, WHEAT ROLL, BLACK FOREST PARFAIT

**11th TUE** POLLOCK WEDGE/LEM SL, LIMA BEANS, COLESLAW/RAISINS, CORNBREAD, LEMON COOKIE

**12th WED** BBQ CHICKEN, SMOTHERED POTATOES, CARROT SALAD, WHEAT ROLL, SLICED APPLES

**13th THU** KING RANCH CASSEROLE, VEG IN ENTRÉE, PINTO BEANS, TORTILLA, SUGAR COOKIE/PA RINGS

**14th FRI** SMOTHERED STEAK, MASHED POTATOES, MIXED GREENS, WHEAT ROLL, PEACH SHORTCAKE

**MAR 17-21 CDH 2016 MHD**

**17th MON** **2016-13** SPAGHETTI/MEAT SAUCE, GARLIC BREAD, CAESAR SALAD, DRESSING, GRAPEFRUIT SECTIONS

**18th TUE** **2016-10** CHARBROIL CHICKEN BREAST, MASHED POTATO W/ JACK CHEESE, WINTER MIX VEGETABLES, PINEAPPLE

**19th WED** **2016-09** MEAT LOAF, LYONNAISE POTATO, SEAS GREEN BEANS, CHOCOLATE PUDDING

**20th THU** **2016-19** BAKED FISH, TARTAR SAUCE PC, COLESLAW, GREEN BEANS, OVEN FRIES, HUSH PUPPY, STRAWBERRIES

**21st FRI** **2016-03** CHICKEN POT PIE, FRESH SPINACH SALAD, PEACH/PEAR MEDLEY

**MAR 24-28 AAA WEEK 3 LN-10/20**

**24th MON** PORK RIBLET/BUN, SWEET POTATO FRIES, PEA SALAD, (BUN), FRUIT CUP

**25th TUE** BBQ CHICKEN, HASHED BROWNED POTATES, SEASONED ZUCCHINI, WHOLE WHEAT BREAD, BROWNIE

**26th WED** CHICKEN AND DUMPLINGS, ZUCCHINI AND TOMATOES, SPICED PEACHES, WHOLE WHEAT FRENCH ROLL, OATMEAL COOKIE

**27th THU** CHICKEN FRIED STEAK, MASHED POTATOES/GRAVY, HERBED GREEN BEANS, WHOLE WHEAT ROLL, VANILLA PUDDING

**28th FRI** CHICKEN TETRAZZINI, PARSLIED CARROT COINS, SLICED TOMATO/CUCUMBERS, WHOLE WHEAT BREAD, APRICOTS

**MAR 31 AAA WEEK 4 LN-10/20**

**31ST MON** CHICKEN PATTY OR CHICKEN SALAD, THREE BEAN SALAD, BOW TIE PASTA SALAD, HOAGIE BUN, BANANA PUDDING

**DID YOU KNOW?** A high intake of trans fats is associated with various chronic diseases, such as abdominal obesity, inflammation and heart disease, to name a few. So, avoid trans fats as if your life depended on it.