

VPAS March 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2					1 Old Fashioned Beef Stew -8oz Egg Noodles-4oz Spinach-4oz Peach Slices-4oz WW Dinner Roll-2oz Assorted Milk-8oz
Week 3	4 BBQ Riblet Sandwich on WW Bun -3oz Brown Rice-4oz Sliced Zucchini and Tomatoes-4oz Pineapple-4oz Assorted Milk-8oz	5 Herb Baked Chicken Breast -3oz Macaroni and Cheese-4oz Spinach-8oz Fresh Fruit in Season 1 ea. WW Dinner Roll-2oz Assorted Milk-8oz	6 Traditional Meatloaf-3oz Fresh Sliced Scallop Potatoes-4oz Lima Beans-4oz Sliced Pears-4oz Dinner Roll-2oz Assorted Milk-8oz	7 Chicken Nuggets-3 oz (4 nuggets) Mashed Potatoes-4oz Mixed Vegetables-4oz Fresh Banana-1 ea. WW Dinner Roll-2oz Assorted Milk 8oz	8 Sloppy Joe-3oz Five Way Veg-4oz Cole Slaw-4oz Fresh Fruit Whole Wheat Hamburger Bun-1each
Week 4	11 Glazed Ham- 3oz Rice Pilaf- 4oz Peas- 4oz Canned Pears- 4oz WW Dinner Roll-2oz Assorted Milk- 8oz	12 Spaghetti-4oz Meat Sauce-4oz Green Beans-4oz Fresh Banana-1ea WW Dinner Roll-2oz Assorted Milk-8oz	13 Turkey Burger-3oz 1 Cup Garden Salad Green Pea 4oz Mayo Mustard PCs-1ea Sliced Cheese- 1 slice Whole Wheat Kaiser Roll-1ea Watermelon Cube 4oz Assorted Milk 8oz	14 Roast Eye of Round-3oz Beef Gravy- 2oz Roasted Herb Potatoes-4oz Carrots- 4oz Applesauce-4oz WW Dinner Roll-2oz Assorted Milk- 8oz	15 Roast Turkey-3oz Turkey Gravy-2oz Country Mashed Potatoes-4oz Chopped Spinach-4oz Fresh Fruit- 1each WW Dinner Roll-2oz Assorted Milk-8oz
Week 5	18 Roast Pork on WW Bun -3oz Baked Potato- 4 oz Peas-4oz Fresh Fruit Assorted Milk-8oz	19 Meat Lasagna-1ea Italian Mix Veg-8oz Fresh Orange-1ea WW Dinner Roll-2oz Assorted Milk-8oz	20 Chicken Salad Sandwich on wheat-3oz/2 Slices 1 Cup Garden Salad Vegetable Blend 4oz Mayo PC's 1 each Fresh Orange 1 ea. Assorted Milk-8oz	21 Marinated Chicken Breast - 3 oz Baked Potato - 1 each Sliced Carrots - 4 oz Fresh Banana - 1 each WW Dinner Roll - 2 oz Assorted Milk - 8 oz	22 Hamburger on WW Bun - 3oz/2oz Oven Roasted Potatoes - 4 oz Green Peas - 4 oz Fresh Fruit - 1 each Assorted Milk - 8oz
Week 1	25 Turkey A La King - 3oz Egg Noodles - 4 oz Italian Green Beans -4oz Peach Slices - 4 oz WW Dinner Roll - 2 oz Assorted Milk	26 Chicken Patty on WW Bun - 3oz Potato Wedges-4oz Lima Beans-4oz Sliced Pears-4oz Assorted Milk-8oz	27 Chicken Alfredo-4oz Brussel Sprouts-4oz Penne Pasta - 4 oz Canned Pears-4oz WW Dinner Roll-2oz Assorted Milk-8oz	28 Open Face Roast Beef and Gravy on WW Bread 3oz/2oz Mashed Potatoes-4oz Mixed Vegetables-4oz Fresh Banana-1 ea Assorted Milk 8oz	29 Herb Baked Chicken Breast -3oz Macaroni and Cheese-4oz Spinach-8oz Fresh Fruit in Season 1 ea Assorted Milk-8oz

VPAS March 2019