

March 2019

				1 – Friday
				Tuna Salad Sandwich on Whole Wheat Bread Tomato Soup Pears Apple Sauce Bar MO: Egg Salad Sand. NCS: Apple Sauce
4 – Monday	5 – Tuesday Music!!! 	6 – Wednesday 6	7 – Thursday Cereal Day 	8 – Friday Middle Name Pride Day 
Enchilada Casserole Cauliflower Confetti Corn with Black Beans Mandarin Oranges Cake MO: Bean Burrito NCS: SF Cookie	Beef Stroganoff over Noodles Stewed Tomatoes Mixed Green Salad Ice Cream MO: Veggie Meatballs NCS: SF Ice Cream	Spinach, Mushroom, and Swiss Quiche Roasted Red Potatoes Stewed Tomatoes Tropical Fruit Iced Zucchini Bars MO: NA NCS: SF Pudding	Chicken Strips Green Beans Chickpea Salad Dinner Roll Fruit Cup Apple Crisp MO: Garden Burger NCS: Spiced Apples	Tuna Casserole Roasted Baby Carrots Pickled Beets Banana Sherbet MO: Tomato & Cheese Sandwich NCS: SF Ice Cream
11 – Monday Girl Scout Week 	12 – Tuesday Music!!! 	13 – Wednesday	14 – Thursday	15 – Friday
Roasted Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Fruit Cocktail Brownie MO: Veggie Wrap NCS: SF Pudding	Taco Pasta Casserole Broccoli Cauliflower Pineapple Blueberry Crisp MO: Rice and Beans NCS: Blueberries	Chicken, Lettuce, & Tomato on Bun Cheesy Potatoes 4 Bean Salad Fresh Orange Cake MO: Multigrain Burger NCS: SF Cookie	Meatballs* in Gravy Mashed Potatoes California Blend Tropical Fruit Dinner Roll Ice Cream MO: Veggie Meatballs NCS: SF Ice Cream	Sloppy Joe on Whole Wheat Bun Kidney Bean Salad Mixed Vegetables Banana Cake MO: Soy Sloppy Joe NCS: Sf Cookie
18 – Monday Holiday Feast 	19 – Tuesday	20 – Wednesday Vernal Equinox 	21 – Thursday	22 – Friday
Corned Beef Cabbage & Carrots Roasted Red Potatoes Mandarin Oranges Rye Bread Grasshopper Brownie MO: Veggie Meatballs NCS: SF Pudding	Chicken Macaroni Salad Marinated Tomatoes Broccoli Salad Fresh Melon Cookie MO: Veggie Mac Salad NCS: SF Cookie	Meat Sauce over Spaghetti Wax Beans Mixed Greens Peaches Ice Cream Cup MO: Veggie Meat Sauce NCS: SF Ice Cream	Pork Loin* in Gravy Mashed Potatoes Garden Blend Vegetables Whole Wheat Bread Mandarin Oranges Pudding MO: Hummus Wrap NCS: SF Pudding	Lemon Baked Fish Baked Sweet Potato Tropical Fruit Whole Wheat Bread Cake MO: Black Bean Burger NCS: Banana
25 – Monday	26 – Tuesday	27 – Wednesday Scribble Day 	28 – Thursday	29 – Friday 29
Italian Sausage* on Bun Oven Roasted Potatoes Stewed Tomatoes Fresh Orange Rice Pudding MO: Veggie Wrap NCS: SF Pudding	Chili Baked Potato Banana Cornbread Ice Cream MO: Veggie Chili NCS: SF Ice Cream	Pulled Pork* on Bun Creamy Coleslaw Carrot Raisin Salad Melon Slice Cake MO: Hummus and Pita NCS: SF Cookie	Chicken Stew Dinner Roll Broccoli Tropical Fruit Pudding MO: Veggie Stew NCS: SF Pudding	Pot Roast & Gravy Potatoes-Carrots-Onions Corn Cinnamon Apples Blueberry Cobbler MO: Veggie Meatballs NCS: Blueberries

Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION

All menu items are prepared in kitchens that are not allergen-free.

We cannot guarantee that food allergens will not be transferred through cross-contact.

No substitutions allowed.

MO = meatless option NCS = no concentrated sugar SF = sugar free

* contains pork



Senior Dining



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Salad Options for MARCH 2019



March 1

Chicken Salad

Shredded lettuce, topped with cranberry chicken salad, tomatoes, cucumbers, and croutons

Dressing: Balsamic Vinaigrette

Meal items included: whole wheat bread, pears, applesauce bar

March 8

Hummus Platter

Pitta wedges, hummus, celery sticks, cherry tomatoes, green pepper strips, and carrot sticks

Meal items included: banana, lime sherbet

March 15

Pork Taco Salad

Shredded lettuce, topped with seasoned shredded pork, diced tomatoes, cheese, salsa, black olives, sour cream and tortilla strips.

Dressing: None

Meal items included: whole wheat bun, banana, frosted strawberry cake

March 22

Tuna Salad

Mixed greens, topped with tuna salad, tomato, hardboiled egg, and cucumber

Dressing: None

Meal items included: tropical fruit, whole wheat bread, pound cake

March 29

Chef's Salad

Mixed Greens, topped with deli ham & turkey, Swiss cheese, sliced green pepper, tomatoes, and hardboiled egg

Dressing: Ranch

Meal items included: dinner roll, cinnamon apples, blueberry cobbler