

March 2023 DINNER Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 (8oz) - Pasta W/ Meat sauce (½ c) - Roasted Sweet potato (½ c) - Apple (8 oz) - Milk Of Choice	2 (1 Slice) - Cheese Pizza (½ c) - Fries (1 each) - Orange (8 oz) - Milk Of Choice	3 (3 oz) - Chicken (½ c) - Rice (½ c) - Corn & Black Beans (½ c) - Fruit cocktail (8 oz) - Milk Of Choice
6 (6 Oz) - Macaroni & Cheese (½ c) - Broccoli (½ c) - Fruit Salad (8 oz)- Milk Of Choice	7 (4oz) Beef & Gravy (1 oz) - Dinner Roll (½ c) - Mashed Potato (½ c) - Apple sauce (8 oz) - Milk Of Choice	8 (8 oz) - Pasta W/ Meat Sauce (½ c) - Mixed Veggies (½ c) - Peach Cup (8 oz) - Milk Of Choice	9 (1 Slice) - Cheese Pizza (½ c) - Fries (1 each) - Orange (8 Oz) - Choice Of Milk	10 (2 oz) - Beef Hot Dog & Bun (½ c) - Corn (½ c) - Fruit Cocktail (8 oz) - Milk Of Choice
13 (3 oz) - Chicken & Salsa (½ c) - Rice (1/2c) - Corn & Black beans (½ c) - Fruit Salad (8 oz) - Milk Of Choice	14 (3 oz) - Turkey & Cheese Melt (1/2c) - Veggie Soup (1 each) - Orange (8 oz) - Milk Of Choice	15 (8 oz) - Pasta W/ Meat Sauce (½ c) - Peas & Carrots (½ c) - Fruit Cocktail (8 oz) - Milk Of Choice	16 (1 Slice) -Cheese Pizza (½ c) - Fries (½ c) - Peach Cup (8 Oz) - Milk Of Choice	17 (3 oz) - BQ Chicken Sandwich (½ c) - Corn & Black Beans (½ c) - Apple (8 oz) - Milk Of Choice
20 (3 oz) - Meatball Sub (½ c) - Green Beans (½ c) - Fruit Salad (8 oz) - Milk Of Choice	21 (3oz)- Turkey & Cheese Melt (1 C) - veggie Soup (½ c) - Apple (8 oz) - Milk Of Choice	22 (8 oz) - Pasta W/ Meat Sauce (½ c) - Peas & Carrots (½ c) - fruit Cocktail (8 oz) - Milk Of Choice	23 (1 Slice) - Cheese Pizza (½ c) - Fries (1 each) - Orange (8 oz) - Milk Of Choice	24 (6 oz) - Macaroni & Cheese (½ c) - Broccoli (½ c) - Apple (8 Oz) - Milk Of Choice
27 (4 oz)- Turkey & Gravy (3 oz) - Stuffin (½ c) - Mashed Potato (½ c) - Fruit Salad (8 oz) - Milk Of Choice	28 (3 oz) - Teriyaki Chicken (½ c) - Rice (½ c) - Broccoli (½ c) - Pineapple (8 Oz) - Milk Of Choice	29 (8 Oz) - Pasta & Meat Sauce (½ c) - Green Beans (½ c) - Fruit Cocktail (8 oz) - Milk Of choice	30 (1 Slice) - Cheese Pizza (½ c) - Fries (1 each) - Orange (8 oz) - Milk Of Choice	31 (3oz) - Turkey & Cheese Melt (1 c) - Caesar Salad (½ c) - Peach Cup (8 oz) - Milk Of Choice

MENU SUBJECT TO CHANGE

***This institution is an Equal Opportunity Provider
Please see important allergy information on reverse side***

The meal served at this site may contain one of the following allergens:

FISH

EGGS

**MILK
SHELLFISH**

**SOY
WHEAT**

**This meal may have been prepared in a facility that is NOT allergen-free.
*Please note: The Waltham Boys & Girls Club is a nut-free facility***

This institution is an equal opportunity provider.

All food must be eaten on premises!