



March MOW Meal Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Stir-Fry Chicken with Veggies Brown Rice Asian Veggie Blend Egg Roll Orange</p>	<p>4</p> <p>Hot Chicken Casserole Egg Noodles Peas & Carrots Spinach & Onions Breadstick</p>	<p>5</p> <p>Mushroom & Onion Hamburger Brown Gravy Oven Baked Fries Capri Veggie Blend Apple</p>	<p>6</p> <p>Grilled Chicken Breast Fajita Pepper Green Bean Almondine Yellow Squash Banana</p>	<p>7</p> <p>Creole Meatloaf Broccoli & Cauliflower Mac & Cheese Mixed Fruit Cup Whole Wheat Roll</p>
<p>10</p> <p>Grilled Chicken Breast Herbed Gravy Mashed Potatoes Chopped Asparagus Banana Graham Crackers</p>	<p>11</p> <p>Chicken Ranchero Black Beans Spanish Rice Whole Wheat Tortilla Picante Sauce Diced Pear Cup</p>	<p>12</p> <p>Beef Penne Pasta Mozzarella Cheese Italian Veggie Blend Steamed Broccoli Whole Wheat Breadstick</p>	<p>13</p> <p>Pineapple & Mango Chicken Butternut Squash Seasoned Zucchini Apple Whole Wheat Roll</p>	<p>14</p> <p>Chicken Pasta Salad w/Italian Dressing Baby Carrots Grape Tomatoes Orange</p>
<p>17</p> <p>Swedish Turkey Crumble Egg Noodles Chopped Greens Steamed Corn Diced Peach Cup</p>	<p>18</p> <p>Cheese Ravioli Mozzarella Cheese Spaghetti Sauce Black-Eyed Peas Green Beans Banana</p>	<p>19</p> <p>Beef Stir-Fry with Veggies Brown Rice Asian Veggie Blend Fortune Cookie Orange</p>	<p>20</p> <p>Rosemary Chicken Mac & Cheese Malibu Veggie Blend Cantaloupe Cup Whole Wheat Roll</p>	<p>21</p> <p>Chicken Fajitas Bell Peppers Brown Rice Black Beans Orange Whole Wheat Tortilla</p>
<p>24</p> <p>King Ranch Chicken Red Potatoes w/Dill Steamed Carrots Mandarin Orange Cup Whole Wheat Roll</p>	<p>25</p> <p>Chicken Spinach Salad Diced Tomatoes & Cucumbers, Carrots Ranch Dressing Garlic Croutons</p>	<p>26</p> <p>Carne Cuisada Black Beans Spanish Rice Whole Wheat Tortilla Picante Sauce Orange</p>	<p>27</p> <p>Shepherd's Pie Green Bean Almondine Seasoned Cauliflower Whole Wheat Roll Banana</p>	<p>28</p> <p>Chicken Tenders Country Gravy Sweet Potatoes Cali Veggie Blend Whole Wheat Roll Apple</p>
<p>31</p> <p>Pork Riblet BBQ Sauce Mashed Potatoes Seasoned Zucchini Whole Wheat Roll Banana</p>				

Menus are subject to change based on product availability.