










Errie County Stay Fit Dining Program
STANDARD-UPDATE
MARCH 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>25 Polynesian Chicken over White Rice California Blend Vegetables Summer Squash Chocolate Brownie (796)</p>	<p>26 Omelet with Cheese Sauce Spinach Harvard Beets Dinner Roll Mandarin Oranges (657)</p>	<p>27 Sliced Roast Beef with Gravy Cheesy Mashed Potatoes Sliced Carrots Rye Bread Pineapple Tiddbits  Chocolate Milk(705)</p>	<p>28 BBQ Pulled Pork Butternut Squash Roasted Red Potatoes Wheat Hamburger Roll Tropical Fruit Cup (700)</p>	<p>1 Beer Battered Fish Mixed Vegetables German Potato Salad Dinner Roll Strawberry Gelatin (739)</p>
<p>4 Beef Stew Mashed Potatoes Mixed Vegetables Chocolate Pudding (606)</p>	<p>5 Fat Tuesday Buffalo Style Breaded Chicken Breast on a Soft Roll Fiesta Corn Broccoli Chocolate Éclair (736)</p> 	<p>6 Ash Wednesday Macaroni & Cheese Diced Beets Sweet Peas Dinner Roll Tapioca Pudding (932)</p>	<p>7 Roast Pork with Warm Cinnamon Apples Carrots Mashed Potatoes Wheat Bread Lorna Doone Cookies (644)</p>	<p>8 Lenten Meal Lenten Meal (3) Stuffed Shells with Tomato Sauce Cauliflower Green Beans Dinner Roll Fruit Cocktail (883)</p>
<p>11 Turkey Ala King Mashed Potatoes Corn Dinner Roll Chocolate Chip Cookies (737)</p>	<p>12 Ham with Scalloped Potatoes Peas Apple Juice Rye Bread Strawberry Oatmeal Bar (713)</p>	<p>13 Sliced Roast Beef with Fresh Onion Gravy Sweet Potato Spiced Apples Whole Wheat Dinner Roll Fruited Gelatin (589)</p>	<p>14 St. Patrick's Day Cornd Beef Creamed Cabbage with Dill Carrots Parslied Potatoes Lime Sherbet (610)</p> 	<p>15 Lenten Meal Baked Salmon with Pineapple Salsa Rice Pilaf Broccoli Whole Wheat Roll Diced Peas (631)</p>
<p>18 Italian Sausage with Peppers, Onions and Tomato Sauce on a Roll Roasted Red Potatoes Mixed Vegetables Pineapple  Chocolate Milk(761)</p>	<p>19 Meatloaf with Gravy Mashed Potatoes Broccoli White Bread Vanilla Pudding (822)</p>	<p>20 Welcome Spring Chili Con Carne Carrot Coins Pineapple Juice Whole Wheat Crackers Strawberry Ice Cream (740)</p> 	<p>21 Veal Parmesan with Tomato Sauce Italian Green Beans Cauliflower Dinner Roll Rice Krispie Square (717)</p>	<p>22 Lenten Meal Baked Fish with Lemon Cream Sauce Sweet Potatoes Peas Wheat Dinner Roll Diced Peaches (688)</p>
<p>25 PorkRibette with BBQ Sauce on a Roll Cheesy Mashed Potatoes Sweet Corn Chocolate Chip Cookies (1026)</p>	<p>26 Beef Stew Mashed Potatoes Brussels Sprouts Strawberry Gelatin (552)</p>	<p>27 Soup & Sandwich Stuppy Joe on A Wheat Roll California Mixed Vegetables Broccoli Cheese Soup Fruit Cocktail  Chocolate Milk (947)</p> 	<p>28 Roast Turkey with Gravy Mashed Potatoes Peas and Carrots Breakaway Roll Chocolate Ice Cream (607)</p>	<p>29 Lenten Meal Breaded Fish with Tantar Sauce on a Bun Macaroni and Cheese Italian Green Beans Mandarin Oranges (828)</p>

UPDATE: 2/25/19