

Monday

Tuesday

Wednesday

Thursday

Friday

26

27

28

29

1

Homemade Elbow
Mac-N-Cheese
Breadstick
Steamed Broccoli
Honeydew Chunks

4

Broccoli Cheddar Soup
French Artisan Roll
Red Grapes

5

Sweet and Sour Fish
with Pineapple and Rice
Glazed Carrot Coins
Strawberries

6

Cheese Ravioli with
Marinara Sauce
Roasted Asparagus
Tangerines

7

Ground Turkey Cheesy
Zucchini Boats
Garlic Knot
Raspberries

8

Pizza Party! Rooms 5, 8 & 9

Hawaiian Pizza with
Pineapple & Turkey "Ham"
Caesar Salad
with Croutons
Kiwi

11

Breaded Fish Sticks
with Tartar Sauce
Pasta Salad
with Veggies
Honeydew Chunks

12

Chicken Noodle Soup
with Vegetables
Saltine Crackers
Sliced Pears

13

Black Bean & Cheese
Quesadilla on Flour
Tortilla with Sour Cream
and Avocado Slices
Pico de Gallo
Golden Delicious Apples

14

Apple Turkey Meatballs
Scalloped Potatoes
Cherry Tomato &
Corn Salad
Navel Oranges

15

Baked Chicken Nuggets
Baked Tater Tots
Baby Carrots
with Ranch
Kiwi

18

Chicken Sliders with
Honey Mustard Aioli
Roasted Fingerling
Potatoes
Tangerines

19

Sumac Baked Fish
Persian Herbed
Rice Pilaf
Strawberries

20

Alfredo Pasta
with Broccoli
Texas Toast
Pineapple Spears

21

Asian Ground Turkey
Lettuce Wraps
Steamed Jasmine Rice
Pear Slices

22

Pizza Party! Rooms 7, 10 & 11

Mini Cheese Pizza Bites
Mixed Green Salad with
Raspberry Vinaigrette
Apple Slices

25

Vegetable Spring Rolls
Yakisoba Noodles
Kiwi

26

Chicken Tinga Tostadas
with Lettuce &
Sour Cream
Red Grapes

27

Cheese Lasagna
Mini Rolls
Battered Zucchini Sticks
Sliced Gala Apples

28

Turkey & Cheese
Sandwich on
Wheat Bread
Herbed Red
Potato Salad
Sliced Pears

29

Pizza Party! Rooms 3, 4 & 6

Homemade Vegetarian
Pizza
Veggie Chips
Honeydew Chunks

Harvest of the Month

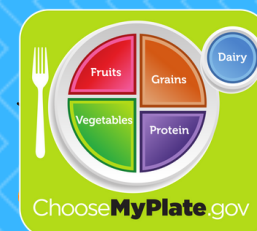


Potatoes are rich in vitamin C, which is an antioxidant. Potatoes were a life-saving food source in early times because the vitamin C prevented scurvy. Another major nutrient in potatoes is potassium, an electrolyte which aids in the workings of our heart, muscles, and nervous system. Potato skin contains fiber, which is important for digestive health.

Key



Harvest of the Month
Meatless



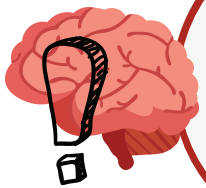
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MARCH

HARVEST OF THE MONTH

Potato



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