

Logan County Head Start Lunch Menu March 2013

Monday	Tuesday	Wednesday	Thursday
1% Milk is served with each meal			
<p>March 4 Beef Tips/ Gravy over Savory Brown Rice Mixed Veggies Mandarin Oranges</p>	<p>March 5 Meatloaf Scalloped Potatoes Lettuce Salad & Dressing Peaches</p>	<p>March 6 Taco Salad (Meat, Lettuce, Tomato, & Cheese) Corn Chips Tropical Fruit</p>	<p>March 7 Chicken Salad 1 Whole Wheat Bread Carrot & Celery Sticks Strawberries in Jell-O</p>
<p>March 11 Beef Stew w/Potatoes & Carrots Over a Biscuit Baked Cinnamon Apples</p>	<p>March 12 Tuna Casserole w/ Peas & Carrots Tossed w/ Whole Wheat Noodles Steamed Broccoli Sliced Apricots</p>	<p>March 13 BBQ Ribbette Whole Wheat Roll Green Beans Banana</p>	<p>March 14 Sloppy Joes/ Bun Buttered Corn Applesauce</p>
<p>March 18 Chicken and White Bean Chili Corn Bread Grapes</p>	<p>March 19 Pork Chop Patty Cheesy Potatoes Pineapples</p>	<p>March 20 Roast Turkey w/ Gravy Stuffing w/ Celery & Onions Green Beans Fruit</p>	<p>March 21 Chicken Alfredo w/ Broccoli & Whole Grain Noodles Lettuce w/ Dressing Apricots</p>
<p>March 25 Ravioli/ Meat Sauce Garlic Bread Italian Vegetables Peaches</p>	<p>March 26 Ham and Beans Cornbread Coleslaw Fresh Orange</p>	<p>March 27 Chicken Fajitas Shredded Lettuce, Tomatoes & Cheese 1 Whole Grain Tortilla Fruit Cocktail</p>	<p>March 28 Cheeseburger/ Whole Grain Bun Tater Tots Pineapple</p>