

Community Action Head Start Logan Meals - March 2014

Monday	Tuesday	Wednesday	Thursday
3 Goulash Brussels Sprouts $\frac{1}{2}$ Slice Bread Grapefruit Wedges	4 Sliced Baked Ham Corn Pears $\frac{1}{2}$ slice Bread	5 Shepherd's Pie Peas Carrots $\frac{1}{2}$ Whole Grain Roll Pineapple Chunks	6 Chicken Broccoli Rice & Cheese Casserole Green Beans Plums $\frac{1}{2}$ Slice Bread
10 Chopped Beef Steak/Gravy Mashed Potatoes Green Beans Diced Peaches $\frac{1}{2}$ Whole Grain Roll	11 Ham Salad Whole Grain Crackers Side Salad/Dressing Peaches	12 Pork Chop Scalloped Potatoes Butter Beans Fruit Cocktail $\frac{1}{2}$ slice Bread	13 Tuna Noodle Casserole Peas Mandarin Oranges Graham Crackers
17 Polish Sausage/Bun German Potato Salad Diced Pears	18 Oven Fried Chicken Corn $\frac{1}{2}$ Whole Grain Roll Mandarin Oranges	19 Open Faced Turkey Sandwich/Potatoes/Gravy Green Beans Peaches	20 BBQ Ribette Sandwich WG Peas Harvard Beets Cinnamon Applesauce
24 Beef Fajita/Tortillas Sautéed Green Peppers & Onions/Salsa/Sour Cream Shredded Cheese Refried Beans Baked Apple Slices	25 Meatloaf Roasted Whole Potatoes Glazed Carrots Pineapple Chunks $\frac{1}{2}$ Whole Grain Roll	26 Chicken & Noodles Peas Corn Bread $\frac{1}{2}$ Banana	27 Fish Sticks Broccoli Whole Grain Roll $\frac{1}{2}$ Apple
31 Tuna Salad Sandwich Green Beans Diced Peaches			1% Milk Served with all lunches.

For Reservations, call 217-732-2159 ext. 240