



Erie County Stay Fit Dining Program

STANDARD-UPDATE

MARCH 2019



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

UPDATE: 2/25/19