

WOCOA Menu for Mar 2018

			1-Mar	2-Mar
			Hamburger	Beef Enchilada Casserole
			Baked Beans WW Bun Baked Fruit Crisp Lettuce, Tomato & Onion Ketchup/Mustard/Mayo Milk	Spanish Rice Salad with dressing Fresh Fruit Milk
5-Mar	6-Mar	7-Mar	8-Mar	9-Mar
Sausage Patty Hash Brown Casserole Baked Apples Biscuit with Jelly Yogurt Milk	Pork Riblet Sweet Potatoes Cabbage Cornbread Banana Pudding Milk	Chili with Beans Mexi-Corn Baby Carrots Wheat Crackers Fresh Fruit Milk	Pot Roast Potatoes & Carrots Wild Rice Salad with Dressing Fresh Fruit Milk	Sausage Baked Beans Cole Slaw WW Bun Spiced Baked Apple Milk
12-Mar	13-Mar	14-Mar	15-Mar	16-Mar
Hamburger Steak w Pepper & Onions Mixed Vegetables Stewed Tomatoes WW Roll Fruited Yogurt Margarine Milk	BBQ Pulled Pork Candied Yams Spinach WW Roll Fresh Fruit Margarine Milk	Spaghetti & Meat Sauce Peas and Carrots Toss Salad with Dressing Spiced Apples Milk	Chicken and Dumpling English Peas Rutabagas Cookie Milk	Beef Strips w Gravy Mashed Potatoes Mixed Vegetables WW Roll Fresh Fruit Margarine Milk
19-Mar	20-Mar	21-Mar	22-Mar	23-Mar
Meatloaf w/ Brown Gravy Mashed Potatoes Seasoned Squash WW Roll Fresh Fruit Milk	Ham Steak Candied Spiced Yams Greens Cornbread Yogurt w/Fruit Margarine Milk	BBQ Chicken Ford Hook Beans Stir Fry Vegetables WW Roll Jell-O® with Fruit Margarine Milk	Salisbury Steak Scalloped Potatoes Mixed Vegetables WW Roll Pudding Margarine Milk	Hotdog Baked Beans Carrot & Raisin Salad WW Bun Ketchup/Mustard Fruit Cobbler Milk
26-Mar	27-Mar	28-Mar	29-Mar	30-Mar
Chicken Pot Pie w/ Peas & Carrots Sweet Potatoes Steamed Broccoli Yogurt with Fruit Milk	BBQ Pork Chop Roasted Potatoes Greens Cornbread Oatmeal Cookie Milk	Oven Baked Chicken Black-eyed Peas with onion Green Beans Whole Wheat Roll Fresh Fruit Margarine Milk	Hamburger Baked Beans WW Bun Baked Fruit Crisp Lettuce, Tomato & Onion Ketchup/Mustard/Mayo Milk	Beef Enchilada Casserole Spanish Rice Salad with dressing Fresh Fruit Milk