

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2
A: Salisbury Beef
B: Honey Mustard Chicken
Buttermilk Potatoes
Green Beans
Wheat Bread
Fresh Fruit
Milk | Margarine

3
A: Ham & Macaroni Casserole
B: Savory Beef Patty
Spinach
Zucchini & Tomatoes
Breadstick
Mandarin Oranges
Milk | Margarine

4
A. Turkey Breast w/Gravy
B: Creamy Paprika Chicken
Macaroni & Cheese
Italian Vegetable Blend
Multi Grain Bread
Fruited Gelatin/Diet Gelatin
Milk | Margarine

5
A Chicken w/Gravy
B: Broccoli Ham Strata
Succotash
Glazed Carrots
Dinner Roll
Fresh Fruit
Milk | Margarine

6
A: Lasagna Casserole
B: Spinach Lasagna
Green Peas
Cauliflower
Wheat Bread
Cinnamon Cake/Diet Cake
Milk | Margarine

9
A: Sausage, Onion, & Peppers
B: Chicken w/Peppers & Onions
Sauerkraut
Spring Vegetable Blend
Hot Dog Bun
Fresh Fruit
Milk | Mustard

10
A: Chicken w/Tomato Basil Sauce
B: Liver & Onions
Baked Potato
Broccoli
Wheat Bread
Orange Cake/Diet Cake
Milk | Margarine | Sour Cream

11
A: Roast Beef w/Gravy
B: Creole Chicken
Brown Rice
Glazed Carrots
Wheat Bread
Fresh Fruit
Milk | Margarine

12
A: Glazed Ham
B: Chicken Noodle Casserole
Oven Roasted Potatoes
Green Peas
Biscuit
Chocolate Chip Cookie/Diet Cookie
Milk | Margarine

13
A: Beef & Bowtie Casserole
B: Broccoli & Spinach Quiche
Whole Kernel Corn
Green Beans
Dinner Roll
Fruited Gelatin/Diet Gelatin
Milk | Margarine

16
A: Honey Mustard Chicken
B: Beef Patty w/Gravy
Au Gratin Potatoes
Green Peas
Dinner Roll
Mandarin Oranges
Milk | Margarine

17
A: Hamburger Patty
B: BBQ Chicken
Crispy Cubed Potatoes
Succotash
Hamburger Bun
Fresh Fruit
Milk

18
A: Turkey Breast w/ Gravy
B: Beef Chili w/Beans
Cut Yams
Broccoli & Cauliflower
Multi-Grain Bread
Lemon Pudding/Diet Pudding
Milk | Margarine

19
A: Veal Marsala
B: Pork w/Supreme Sauce
Whipped Potatoes
Sliced Carrots
Wheat Bread
Strawberry Cake/Diet Cake
Milk | Margarine

20
A: Macaroni & Cheese
B: Beef Italiano
Stewed Tomatoes
Spinach
Wheat Roll
Birthday Cake/Diet Cake
Milk | Margarine

23
A: Meatloaf w/Gravy
B: Chicken Rice Casserole
Cheesy Whipped Potatoes
Green Beans
Multi-Grain Bread
Fresh Fruit
Milk | Margarine

24
A: Pineapple Glazed Chicken
B: Beef Stroganoff
Broccoli & Cauliflower
Baby Carrots
Dinner Roll
Butterscotch Pudding/Diet Pudding

25
A: Beef Taco Pie
B: Chilaquiles Casserole
Spanish Rice
Fiesta Vegetable Blend
Flour Tortilla
Fresh Fruit
Milk | Margarine

26
A: Oven Fried Chicken
B: Turkey Ham & White Beans
Baked Sweet Potato
Mixed Vegetables
Cornbread
Chocolate Chip Cookie/Diet Cookie
Milk | Margarine

27
A: Pork Roast w/Pork Sauce
B: Turkey w/Supreme Sauce
Country Potatoes
Mixed Green Salad
Multi-Grain Bread
Apple Cobbler/Diet Apple Slices
Milk | Margarine
Italian Salad Dressing

30
A: BBQ Rib Patty
B: Hamburger Patty
Hashbrown Casserole
Spinach
Hamburger Bun
Tropical Fruit
Milk

Contrary to what most people think, bone health is more than just getting enough calcium. While calcium is critical, a variety of minerals, vitamins and other components work together to make strong bones. Vitamin D goes hand in hand with calcium and bone health. Vitamin K is required to make proteins found in bone and can help keep calcium from being lost in the urine. Magnesium can take the place of some calcium in bone if calcium supplies are low.
Adapted from: <https://foodandhealth.com>