**Dorchester / Talbot Meals**

**March 2024** **Lunch menu include 8oz 1% Milk *(Menu subject to change)***

**Entrees provide 3oz protein in the suggested amount All other portion size 4oz (½ c) servings unless otherwise indicated.**

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| **Week 4 Monday 3/4** | **Tuesday 3/5** | **Wednesday 3/6** | **Thursday 3/7** | **Friday 3/8** | **Saturday 3/9** |
| Spaghetti & Meatballs & SauceGreen BeansDiced PearsGarlic ToastJuice | Dry Lima Bean Soup (8oz)Ham & Cheese Sandwich onW.W. BreadMandarin OrangesJuice | Chicken & DumplingsCollard GreensApricotsW.W. Bread w/ Marg.Juice | Turkey Burger on BunCrinkle Cut FriesSteam Brussell SproutsTropical Fruit SaladJuice | BBQ ChickenMacaroni & CheeseWax BeansFresh BananaW.W. Bread w/ Marg.Juice | Baked FishSweet PotatoesSteam ZucchiniPineapplesW.W. Bread w/ Marg.Juice |
| **Week 1 3/11** | **2/6** | **2/7** | **2/8** | **2/9** | **2/10** |
| Baked Cod Sandwich on BunPotato TotsSteam BroccoliApplesauceJuice | Meat Loaf & GravyMashed PotatoesPeasDiced PearsW.W. Bread w/ Marg.Juice | Cheese PizzaSmall Garden Salad w/ DressingPrunesJuice | Chicken Tomato Pasta BakeGreen BeansDiced PeachesW.W. Bread w/ Marg.Juice | Beef Tips in GravyEgg NoodlesSteam Carrots Mixed Fruit CupW.W. Bread w/ Marg.Juice | Chicken TendersPinto BeansCalifornia Blend VegetablesFresh AppleW.W. Bread w/ Marg.Juice |
| **Week 2 3/18** | **3/19** | **3/20** | **3/21** | **3/22** | **3/23** |
| Ham & Cheese Sandwich onW.W. Bread3 Bean SaladPotato ChipsApple CrispJuice | Oven Fried ChickenBoil Red Skin PotatoesPeas & CarrotsFruit CocktailW.W. Bread w/ Marg.Juice | Hot Turkey Sandwich on W.W. Bread Mashed PotatoesMixed VegetablesMandarin OrangesJuice | Beef Hot Dog on BunBaked BeansSteam CauliflowerFruit Jello (¾ c.)Juice | Chicken Cordon BleuRice PilafGreen BeansApple SauceW.W. Bread w/ Marg.Juice | Beef Stew w/ Potatoes Steam BroccoliRaisin BoxButtermilk BiscuitJuice |
| **Week 3 3/25** | **3/26** | **3/27** | **3/28** | **3/29** | **3/30** |
| Baked BBQ Pork ChopsBaked BeansSpinachPeachesW.W. Bread w/ Marg.Juice | Chef Salad w./ Dressing, Low SaltHam, Turkey, Tomatoes, Lettuce,Boiled Egg, Cheese,Macaroni Salad, Fruit Jello (¾ c.)W.W. Crackers (6)Juice | Beef Shepherd’s Pie w/ PotatoesSteam CarrotsPineapplesW.W. Bread w/ Marg.Juice | Baked Rock FishRoasted Garlic PotatoesStew TomatoesFruit CocktailCorn BreadJuice | Vegetable Soup (8oz)Tuna Sandwich on W.W. BreadFresh OrangeJuice | Chicken Pattie Sandwich on BunPotato WedgesPeas & CarrotsFruit CocktailJuice |