

March

2023



Lunch, 500 Calorie

Lunch:

The 500 calorie meals are planned to be as close to 500 calories as possible, however, the nutritional content will vary slightly from day to day.

Beverages:

All meals have 1 cup of fat free milk factored into the calorie count. If milk is not the desired beverage water, unsweetened tea, or other zero calorie beverages are recommended.

If you have special requests or concerns, please ask your server or see contact

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 - Grilled Chicken BLT Wrap - Cucumber & Tomato Salad Fresh Fruit - Choice of Milk	2 - Deconstructed Egg Roll - Green Beans White Rice - Choice of Milk	3 - Grilled Cheese Sandwich - Tomato Soup - Choice of Milk	4 - Pepperoni Pizza - Garden Salad - Fresh Fruit - Choice of Milk
5 Balsamic Glazed Chicken Breast - Broccoli - Peaches - Choice of Milk	6 Hot Dog (no bun) - Baked Beans - Applesauce - Choice of Milk	7 Southwest Salad w/ Grilled Chicken - - Fresh Fruit - Choice of Milk	8 Taco Casserole - Garden Salad - Fresh Fruit - Choice of Milk	9 Italian Meatballs - Marinara Sauce - Fresh Fruit - Choice of Milk	10 Roast Chicken Breast w/ Gravy - Corn on the Cob Southern Collards Peaches - Choice of Milk	11 Honey Garlic Chicken - Broccoli Corn - Fresh Fruit - Choice of Milk
12 Gyro Salad - - Applesauce - - Choice of Milk	13 Chicken Noodle Soup - - Zucchini Fries - Fresh Fruit - Choice of Milk	14 Rosemary Roast Chicken Breast - - Cheesy Cauliflower Penne w/ Olive Oil - Fresh Fruit - Choice of Milk	15 BBQ Meatballs - - Broccoli - Fresh Fruit - Choice of Milk	16 Chicken Tacos w/ Cheese - - Green Beans Pears - Choice of Milk	17 Shepherd's Pie - - Garlic Lemon Green Beans - Fresh Fruit - Choice of Milk	18 Sautéed Beef Over Rice - - Garden Salad - - Choice of Milk
19 Chili w/ all the Fixins' - Shredded Cheese Sour Cream Chives Fresh Fruit - Choice of Milk	20 Turkey Burger on Lettuce Wrap - - Country Style Veggies Carrots - Choice of Milk	21 Italian Sausage (no bun) - Peppers & Onions - Fresh Fruit - Choice of Milk	22 Taco Salad - - Black Beans & Rice - Grapes - Choice of Milk	23 Chicken Pot Pie - - Green Beans Warm Spiced Apples - Choice of Milk	24 Cheeseburger on lettuce wrap - - Parmesan Roasted Broccoli - Fresh Fruit - Choice of Milk	25 Jerk Chicken - - Brown Rice Collard Greens - Fresh Fruit - Choice of Milk
26 Chicken Salad Scoop - - Carrot Sticks w/ Ranch Pears - Choice of Milk	27 Korean Beef & Rice Bowl - - Green Beans - Applesauce - Choice of Milk	28 Lasagna - - Italian Veggies - Applesauce - Choice of Milk	29 BBQ Chicken Breast - Peas - Fresh Fruit - Choice of Milk	30 BBQ Chicken Burrito Bowl - - Rice Beans Corn Scallions - Choice of Milk	31 French Dip - - Broccoli - Fresh Fruit - Choice of Milk	