

**Aging Projects Inc.**  
 20 Serving Days  
 1 Holiday

# MARCH 2024

This menu served in:  
 Butler, Harvey, Sedgwick Co.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>DAILY MEAL PATTERN</b> Protein = 3oz (minimum) Vegetable = 1/2c (1C leafy greens) Fruit = 1/2c (1/4c dried) Grains = 1/2c or 1oz eq (50% whole grain) Dairy = 1C				<b>1</b> Tuna Pasta Salad 8oz Cuke & Tomato Salad 4oz Applesauce 4oz Crackers 2pks Milk 8oz <i>(All Cold) Lenten Lunch</i>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
BBQ Chicken 3oz (on) Whole Grain Bun Coleslaw w/ Carrots 4oz Apricots 4oz Milk 8oz	Goulash 8oz Green Beans 4oz Pears 4oz Whole Grain Breadstick Milk 8oz	Mexican Pork Stew 8oz Hominy 4oz Tropical Fruit 4oz WG Cornbread Muffin w/ Margarine Milk 8oz	Turkey & Swiss Brocc Pasta 8oz Three Bean Salad 4oz Blushing Pears 4oz Whole Grain Garlic Breadstick <i>Chef's Choice Birthday Cake</i> Milk 8oz	Hearty Tuscan Bean Soup 8oz Combo Salad 1C w/Dressing Pkg Tropical Fruit 4oz Garlic Cheddar Biscuit w/ Margarine Milk 8oz <i>Lenten Lunch</i>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
White Bean Chicken Chili 8oz Corn Relish Salad 4oz Sliced Apples 4oz Crackers 2pks Milk 8oz	Salisbury Steak 3oz Mashed Potatoes 4oz Tropical Fruit 4oz Wheat Roll w/ Margarine Milk 8oz	Pork & Noodle Cass. 8oz Parslied Carrots 4oz Pineapple 4oz Wheat Roll w/ Margarine Milk 8oz	Cheeseburger 3oz (on) Whole Grain Bun <i>Lettuce &amp; Tomato / Mustard &amp; Ketchup</i> Baked Beans 4oz Mixed Fruit 4oz Milk 8oz	Garlic Shrimp Penne 8oz Green Beans 4oz Apricots 4oz Whole Grain Breadstick Milk 8oz <i>Lenten Lunch</i>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Ham & Beans 8oz Pickled Beets 4oz Peaches 4oz WG Cornbread Muffin w/ Margarine Milk 8oz	Cheesy Mac Chili 8oz Mixed Vegetables 4oz Pineapple 4oz Whole Grain Texas Toast Milk 8oz	Breaded Chicken Patty 3oz (on) Whole Grain Bun <i>Lettuce &amp; Tomato / Mayo</i> Calico Salad 4oz Applesauce 4oz Milk 8oz	Turkey Salad 4oz (on) Whole Grain Croissant Potato Soup 6oz Peaches 4oz Milk 8oz	Veggie Pasta Bake 8oz Combo Salad 1C w/Dressing Pkg Mixed Fruit 4oz Garlic Cheddar Biscuit w/ Margarine Milk 8oz <i>Lenten Lunch</i>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Chicken Cacciatore 3oz Peas & Carrots Cinnamon Apples 4oz Wheat Roll w/ Margarine Milk 8oz	Southwest Tuna Noodle Bake 8oz Mixed Vegetables 4oz Mixed Fruit 4oz Whole Grain Garlic Toast Milk 8oz	Swedish Steak 3oz Mashed Potatoes 4oz Apricots 4oz Wheat Bread w/ Margarine Milk 8oz	<b>Easter Meal</b> Roasted Ham Slice 4oz Green Bean Casserole 4oz Cauli-Brocc-Raisin Salad 4oz Ambrosia Fruit Salad 4oz Wheat Roll w/ Margarine Milk 8oz	