

# March 2018 Clermont Seniors' Choice menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BOX</b>				<b>1</b>	<b>2</b>
<b>LUNCH</b>		<b>Daylight Savings Time begins Sunday the 11th. SPRING FORWARD!</b> 	In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability. (Not all prohibited bases apply to all programs) To file a complaint of discrimination write USDA, Director Office of Civil Rights Room 326-W Whitten Building, 1400 Independence Ave, S.W. Washington, D.C. 20250-9410 or call (202)720-5964 (voice and TDD) USDA is an equal opportunity provider and employer.	<b>Smoked Turkey Sausage w/ Sauerkraut</b> Mashed Potatoes Green Beans Rye Bread (2 pcs) Fruit Cocktail Mustard / Ketchup	<b>Cheese Lasagna</b> w/ no salt added Marinara Italian Vegetables Peas Cranberry Juice Sponge Cake
<b>WEEK</b>	Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea.), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk (1/2 pint)			Diet: same	Diet: same
<b>1</b>				<b>Hug a GI day</b>	
<b>BOX</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>LUNCH</b>	<b>Meatloaf w/ Gravy</b> Mashed Potatoes Carrots Wheat Bread (2 slices) Margarine Pears	<b>Chili w/Spaghetti</b> Vegetable Medley (2 servings) Cheddar Cheese unsalted Saltine Crackers (2 pk) Fruit Cocktail	<b>turkey Ham &amp; Beans</b> Mixed Vegetables (2 servings) Cornbread / Margarine Mandarin Oranges Animal Crackers	<b>Baked Chicken w/ Gravy</b> Herb Dressing Broccoli Cauliflower Wheat Bread / Margarine Strawberry Applesauce	<b>Cheese Pizza</b> Peas & Onions Yellow Squash White Bread / Margarine Grape Juice 100% Teddy Grahams
<b>WEEK</b>	Diet: same	Diet: same	Diet: same	Diet: same	Diet: same
<b>2</b>		<b>Silly Putty is invented - 1950</b>			
<b>BOX</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>LUNCH</b>	<b>Chicken and Brown Rice w/ Gravy</b> Broccoli diced Carrots Wheat Bread / Margarine Pears	<b>Country Fried Steak w/Gravy</b> Potato Wedges Green Beans Wheat Bread / Margarine Apple Juice 100% Animal Crackers	<b>BBQ Beef</b> Peas & Onions Potato Wedges Peaches Bun	<b>Turkey Tetrazzini w/ Peas and Mushrooms</b> Brussel Sprouts Baked Cinnamon Apples Dinner Roll / Margarine	<b>BIRTHDAY CELEBRATION</b> <b>Spaghetti &amp; Marinara</b> Vegetable Medley (2 servings) Parmesan Cheese Fruit Punch 100% Happy B'day Cake
<b>WEEK</b>	Diet: same 	Diet: same		Diet: same 	Diet: same 
<b>3</b>	<b>Girl Scouts were founded - 1912</b>		<b>National Pi Day - 1988</b>	<b>"Ides of March"</b>	
<b>BOX</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>LUNCH</b>	<b>Broccoli Cheddar Chicken</b> Brown Rice Oregon Vegetables Corn Wheat Bread / Margarine Fruit Cocktail	<b>Beef Vegetable Stew</b> <i>carrots/ red skin potatoes</i> Green Beans (2 servings) Dinner Roll / Margarine Pineapple	<b>Pineapple Ham Steak</b> <b>Whipped Sweet Potatoes</b> Peas Wheat Bread (2 slices) Margarine Mandarin Oranges	<b>Chicken &amp; Potato Casserole</b> with tater tots Broccoli (2 servings) Wheat Bread (2 slices) Margarine Peaches	<b>Lemon Pepper Fish w/ Tartar Sauce</b> Brown Rice Scandinavian Veggies (2 servings) Grape Juice 100% Chocolate Sponge B'day Cake
<b>WEEK</b>	Diet: same	Diet: same 	Diet: same	Diet: same 	Diet: same
<b>4</b>		<b>Spring begins</b>		<b>National Goof Off Day</b>	
<b>BOX</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>LUNCH</b>	<b>Spaghetti &amp; Meatballs w/ Marinara</b> Italian Vegetables Spinach / Vinegar Wheat Bread / Margarine Peaches Parmesan Cheese	<b>Swiss Steak</b> w/ Peppers / Onions Stewed Tomatoes O'Brien Potatoes Wheat Bread (2 slices) / Margarine Pears	<b>Roast Turkey w/Gravy</b> Mashed Potatoes Vegetable Medley Wheat Bread / Margarine Grape Juice 100% Chocolate Elf Grahams	<b>Rosemary Chicken</b> Potato Wedges Vegetable Medley Wheat Bread (2 slices) Margarine Applesauce	<b>Clermont Senior Services will be Closed Today</b> 
<b>WEEK</b>	Diet: same	Diet: same	Diet: same	Diet: same	
<b>5</b>	<b>Dr. Jonas Salk invents a vaccine to fight polio - 1952</b>	<b>National "Joe" Day</b>			<b>Good Friday</b>