

# MARCH 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>
<b>NORTH SIOUX CITY ROCS SENIOR MEALS CALL 232-0808 BY 9AM TO RESERVE A MEAL</b>				<b>Chili Corn Muffin Fruit Cocktail Vanilla Ice Cream</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>1 1/8c Chicken &amp; Noodles, 1/2c Peas, 1/2c Pears B21</b>	<b>3oz Salisbury Steak w/gravy, Baked Potato, 1/2c California Veggies, 1/2c Plums 20-1A, 18-2 - S1</b>	<b>Chicken Noodle Vegetable Soup Egg Salad Sandwich Mandarin Oranges</b>	<b>3oz Roast Pork, 1/2c Mashed Potatoes &amp; Gravy, 1/2c Harvard Beets, 1/2c Cooked Apples AA4</b>	<b>1c Tuna &amp; Noodles, 1c Tossed Salad, 1/2c Broccoli, 1/2c Peach Crisp CM82 - T3</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>1 1/4c Spaghetti w/meat sauce, 1c Tossed Salad, 1/2c Peas, 1/2c Tomato Juice, French Bread CC23</b>	<b>1 1/3c Chicken Shepard's Pie, 1/2c Green Beans, 3/4c Jell-o w/Fruit 24-3 - CH34</b>	<b>3oz Roast Beef, 1/2c Mashed Potatoes w/Gravy, 1/2c Tomato Spoon Salad, 1/2c Fruit Cocktail A18</b>	<b>3oz Liver &amp; Onions, 1/2c Mashed Potatoes, 1/2c Broccoli, 1/2c Waldorf Salad, Orange 4-2 - LO1</b>	<b>Tomato Soup Cheese Sandwich w/ Lettuce &amp; Tomato Carrifruit Salad Strawberries w/ topping</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Corned Beef &amp; Cabbage Parslied Potatoes Pudding with Fruit</b>	<b>Baked Pork Chop Baked Potato 5 Way Veggies Mandarin Oranges</b>	<b>Baked Steak Mashed Potatoes &amp; Gravy Green Beans Jell-o w/ Fruit</b>	<b>Taverns Potato Wedges Baked Beans Apricots</b>	<b>Lemon Pepper Cod, 1/2c Parsley Potatoes, 1/2c Glazed Carrots, 1/2c Pears A10</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>3oz Meatloaf, Boiled Potato, 1/2c Broccoli, 3/4c Pudding w/Apricots BB7</b>	<b>1 1/3c Spanish Rice w/Hamburger, 1/2c Peas, 3/4c Crunchy Cranberry Salad 10-2 - S5</b>	<b>Pork Cutlets Mashed Potatoes &amp; Gravy Corn Peaches</b>	<b>1pc Baked Chicken, 1c Tossed Salad, 1/2c Company Potatoes, 1/2c Pears 5-2 - CH7</b>	<b>1c Three Bean Casserole, Tossed Salad, 1/2c Cottage Cheese, Banana A25</b>

**NUTRITIONAL INFORMATION IS AVAILABLE AT THE SITE. ALL MENUS ARE SUBJECT TO CHANGE. ALL MEALS ARE SERVED WITH BREAD AND 1% MILK UNLESS OTHERWISE NOTED.**