

March 2023



All monies collected support the Nutrition Program. Love our meals-Give a note to your driver!
Due to Weather, Staffing, and food availability-the Menu is subject to change

Nutrition Program Number 304-233-2350x106.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Delivery time varies due to weather, road delays, staffing, and number of meals on the route. Please do not call to inform us a meal has not been delivered until 1 PM.</p> <p>Do not give away or refuse frozen meals or boxes. These meals should be used when we are not on a regular delivery schedule.</p>		1	2	3
		Hot Dog on a wheat bun w/meat bean chili Peas Apple Milk	Chicken Ala King Saltines Peas & Carrots Orange Milk	Lemon Pepper Pollock Saltines Tomato Soup Rice Apple Milk
6	7	8	9	10
Chicken Breast Graham Crackers Carrots Brussel Sprouts Apple Milk	Training Day- No meals served	Chicken & Dumplings Baby Bakers Broccoli Banana Milk	Meatloaf Bread Redskin Potatoes Corn Banana Milk	Turkey Sandwich on a wheat bun Tomato Soup Orange Milk
13	14	15	16	17
Breakfast for Lunch Omelet With Cheddar Cheese Turkey Sausage Seasoned Potatoes Cinnamon Apple Milk	Salisbury Steak Bread Mashed Potatoes Carrots Orange Milk	Meatballs w/gravy Wheat Bread Mashed Potatoes Peas & Carrots Banana Milk	Festive Meal Beef Stew Biscuit Broccoli Apple Milk	Fish Fillet Macaroni & Cheese Brussel Sprouts Orange Milk
20	21	22	23	24
Baked Ham Wheat Bread Sweet Potatoes Brussel Sprouts Apple Milk	Chicken Breast Saltines Carrots Tomato Soup Banana Milk	Beefaroni Wheat Bread Broccoli Banana Milk	Chicken Italiano Wheat Bread Mixed Vegetables Rice Orange Milk	Tuna Salad on a bun Beets Apple Sauce Milk
27	28	29	30	31
Pork Cutlet Wheat Bread Mashed Potatoes Peas & Carrots Apple Milk	Boneless Chicken Breast Wheat Bread Mixed Vegetables Carrots Orange Milk	Baked Ham Graham Crackers Cabbage & Noodles Brussel Sprouts Banana Milk	Sloppy Joes on a bun Broccoli Baby Bakers Apple Milk	Turkey Sandwich on a wheat bun Tomato Soup Orange Milk

Love our Meals? Drop your driver a note! We use your comments to get additional grant funding and to review our service delivery