

Legacy Link

March 2023



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1		2		3	
				Swiss Steak Garlic Whipped Potatoes Carrots Wheat Bread Chocolate Chip Cookie Milk Margarine Diet- Vanilla Wafers ALT: Popcorn Chicken		Chicken Gumbo Parslied Rice Mixed Vegetables Dinner Roll Orange Gelatin Milk Margarine Diet - SF Gelatin		Beef Chili Baked Potato Broccoli w/Cheese Cornbread Fresh Fruit Milk Margarine - 2 Sour Cream Diet - Same ALT: Vegetarian Chili	
				6 Meatloaf Tomato Gravy Buttered Rice Brussels Sprouts Wheat Bread Fresh Fruit Milk Margarine Diet - Same ALT: Popcorn Chicken		7 Chicken Pot Pie Country Corn Summer Vegetable Blend Dinner Roll Fudge Creme Cookie Milk Margarine Diet- Vanilla Wafers ALT: Cheese Omelet		8 Hamburger Patty Baked Beans Potato Wedges Lettuce & Tomato Hamburger Bun Fresh Fruit Fresh Fruit Chocolate Milk Mustard/Mayonnaise Ketchup - 2 Diet - Same ALT: Breaded Chicken	
13 Beef & Bow Tie Bake Green Beans Mixed Vegetable Blend Wheat Bread Oatmeal Raisin Cookie Milk Margarine Diet - Graham Crackers ALT: Egg Patty (2)		14 Fajita Chicken Fiesta Vegetables Spanish Rice Flour Tortilla Fresh Fruit Milk Taco Sauce Sour Cream Milk ALT: Refried Beans w/Cheese		15 Red Beans & Sausage Collard Greens Corn and Carrots Cornbread Fresh Fruit Fresh Fruit Milk Margarine Vinegar Diet - Same ALT: BBQ Chicken Breast		16 Oven Fried Chicken Garlic Whipped Potatoes Carrots Dinner Roll Nutty Buddy Bar Milk Margarine Diet - Graham Crackers ALT: Meatloaf/Brown Gravy		17 Swedish Meatballs Rotini Noodles Italian Green Beans Bread Roll Banana Pudding Chocolate Milk Diet - SF Banana Pudding ALT: Vegan Meatballs	
20 Salisbury Steak w/Au Jus Gravy Delmonico Potatoes Stewed Tomatoes Wheat Bread Sugar Cookie Milk Margarine Diet-Graham Crackers ALT: Breaded Chicken		21 Sausage/Onions/Peppers Pinto Beans Cabbage Hot Dog Bun Fresh Fruit Chocolate Milk Mustard/Ketchup Diet - Same ALT: Garden Frankfurter		22 Beef Spaghetti Casserole Peas & Carrots Tossed Salad Wheat Bread Apple Raisin Compote Milk Margarine Ranch Dressing Diet - Hot Apple Slices ALT: Veggie Burger		23 Chicken Stew Buttered Rice Green Beans Saltine Crackers Fresh Banana Milk Diet - Same ALT: Beef Patty w/Gravy		24 Macaroni & Cheese Black-Eyed Peas Mixed Greens Cornbread Fresh Fruit Milk Margarine Vinegar Diet - Same ALT: Popcorn Chicken	
27 Chicken A La King Penne Noodles Green Beans Wheat Bread Fresh Fruit Milk Margarine Diet - Same		28 BBQ Pork Baked Beans Coleslaw Hamburger Bun Hot Peaches Chocolate Milk Diet - Same ALT: Veggie Burger		29 Swiss Steak Garlic Whipped Potatoes Carrots Wheat Bread Chocolate Chip Cookie Milk Margarine Diet- Vanilla Wafers ALT: Popcorn Chicken		30 Chicken Gumbo Parslied Rice Mixed Vegetables Dinner Roll Orange Gelatin Milk Margarine Diet - SF Gelatin		31 Beef Chili Baked Potato Broccoli w/Cheese Cornbread Fresh Fruit Milk Margarine - 2 Sour Cream Diet - Same ALT: Vegetarian Chili	

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