




Erie County Stay Fit Dining Program  
STANDARD-UPDATE  
MARCH 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<b>25</b> Polynesian Chicken over White Rice California Blend Vegetables Summer Squash Chocolate Brownie (796)	<b>26</b> Omelet with Cheese Sauce Spinach Harvard Beets Dinner Roll Mandarin Oranges (657)	<b>27</b> Sliced Roast Beef with Gravy Cheesy Mashed Potatoes Sliced Carrots Rye Bread Pineapple Tidbits  <b>Chocolate Milk</b> (705)	<b>28</b> BBQ Pulled Pork Butternut Squash Roasted Red Potatoes Wheat Hamburger Roll Tropical Fruit Cup (700)	<b>1</b> Beer Battered Fish Mixed Vegetables German Potato Salad Dinner Roll Strawberry Gelatin (739)
<b>4</b> Beef Stew Mashed Potatoes Mixed Vegetables Chocolate Pudding (606)	<b>5 Fat Tuesday</b> Buffalo Style Breaded Chicken Breast  on a Soft Roll Fiesta Corn Broccoli Chocolate Éclair (736)	<b>6 Ash Wednesday</b> Macaroni & Cheese Diced Beets Sweet Peas Dinner Roll Tapioca Pudding (932)	<b>7</b> Roast Pork with Warm Cinnamon Apples Carrots Mashed Potatoes Wheat Bread Lorna Doone Cookies (644)	<b>8 Lenten Meal</b> (3) Stuffed Shells with Tomato Sauce Cauliflower Green Beans Dinner Roll Fruit Cocktail (883)
<b>11</b> Turkey A la King Mashed Potatoes Corn Dinner Roll Chocolate Chip Cookies (737)	<b>12</b> Ham with Scalloped Potatoes Peas Apple Juice Rye Bread Strawberry Oatmeal Bar (713)	<b>13</b> Sliced Roast Beef with Fresh Onion Gravy Sweet Potato Spiced Apples Whole Wheat Dinner Roll Fruited Gelatin (589)	<b>14 St. Patrick's Day</b> Corned Beef Creamed Cabbage with Dill Carrots Parslied Potatoes Lime Sherbet (610) 	<b>15 Lenten Meal</b> Baked Salmon with Pineapple Salsa Rice Pilaf Broccoli Whole Wheat Roll Diced Pears (631)
<b>18</b> Italian Sausage with Peppers, Onions and Tomato Sauce on a Roll Roasted Red Potatoes Mixed Vegetables Pineapple  <b>Chocolate Milk</b> (761)	<b>19</b> Meatloaf with Gravy Mashed Potatoes Broccoli White Bread Vanilla Pudding (822)	<b>20 Welcome Spring</b> Chili Con Carne Carrot Coins Pineapple Juice Whole Wheat Crackers Strawberry Ice Cream (740) 	<b>21</b> Veal Parmesan with Tomato Sauce Italian Green Beans Cauliflower Dinner Roll Rice Krispie Square (717)	<b>22 Lenten Meal</b> Baked Fish with Lemon Cream Sauce Sweet Potatoes Peas Wheat Dinner Roll Diced Peaches (688)
<b>25</b> Pork Ribette with BBQ Sauce on a Roll Cheesy Mashed Potatoes Sweet Corn Chocolate Chip Cookies (1026)	<b>26</b> Beef Stew Mashed Potatoes Brussels Sprouts Strawberry Gelatin (552)	<b>27 Soup &amp; Sandwich</b> Sloppy Joe on A Wheat Roll California Mixed Vegetables Broccoli Cheese Soup Fruit Cocktail  <b>Chocolate Milk</b> (947) 	<b>28</b> Roast Turkey with Gravy Mashed Potatoes Peas and Carrots Breakaway Roll Chocolate Ice Cream (607)	<b>29 Lenten Meal</b> Breaded Fish with Tartar Sauce on a Bun Macaroni and Cheese Italian Green Beans Mandarin Oranges (828)

UPDATE: 2/25/19