

Encompass

March 2023 Lunch Menu

Jan 5, 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Salisbury Steak + Corn, Creamed Pears WGR Bread WhMilk-1 /Skim-2^	2 Turkey Meatballs+w/Gravy Peas Tropical Fruit WGRDinnerroll WhMilk-1 /Skim-2^	3 Breaded Chicken Patty+ Yellow Beans Cantaloupe WGR Hamburger Bun Mayonnaise WhMilk-1 /Skim-2^
6 ChseburgerVegCasserole Oranges WGR Bread WhMilk-1 /Skim-2^	7 CreamofChx WildRiceSoup Baby Carrots w/ Dip Apple W/GR Goldfish Crackers WhMilk-1 /Skim-2^	8 WGPork &VegetEggRoll+ Assorted Vegetables Peaches Sweet & Sour Sauce WhMilk-1 /Skim-2^	9 BBQ Chicken Fillet+ Broccoli Cauliflower Pears WGRDinnerroll WhMilk-1 /Skim-2^	10 Hamburger+ Baked Beans Cantaloupe WGR Hamburger Bun Ketchup WhMilk-1 /Skim-2^
13 LunchMeat&ChsWGRSandwich Cucumber Oranges WhMilk-1 /Skim-2^	14 Hamburger Vegetable Soup Green Pepper Apple WGR Bread WhMilk-1 /Skim-2^	15 BBQ Chicken Strips Parsley Potatoes Peaches WGR Bread WhMilk-1 /Skim-2^	16 Meatloaf + Cal Blend Veges Tropical Fruit WGRBreadstick WhMilk-1 /Skim-2^	17 Breaded Fish Fillet+ Peas & Carrots Cantaloupe Cheese W/GR Sandwich Tartar Sauce WhMilk-1 /Skim-2^
20 Pork & Gravy Mashed Potatoes Oranges WGR Bread WhMilk-1 /Skim-2^	21 Chicken W/GR Noodle Soup Cucumber Apple WGRCheezit Crackers WhMilk-1 /Skim-2^	22 Meatball+SpagSauWGRRoll Mozzarella Cheese Broccoli Peaches WhMilk-1 /Skim-2^	23 W/GRBreakfast Pizza+ Yogurt Green Pepper Cantaloupe WhMilk-1 /Skim-2^	24 3 Cheese WGRMacaroni Cherry Tomatoes Pears WhMilk-1 /Skim-2^
27 ChickenStirFry w/ Veggie Oranges Brown Rice Pilaf Low Mein Noodles-3YR^ WhMilk-1 /Skim-2^	28 Beef & 3Bean Soup Red-Yellow-Grn Peppers Apple WGR Bread WhMilk-1 /Skim-2^	29 BBQ Pork Sweet Potato Puffs Peaches WGR Hamburger Bun WhMilk-1 /Skim-2^	30 Chicken N Gravy Mashed Potatoes Cantaloupe WGRDinnerroll WhMilk-1 /Skim-2^	31 SmorgasofEntrees,Veg/Frt Variety of Items FrshorCanVegandFruit WGR Bread WhMilk-1 /Skim-2^

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.