



Garrett County Lighthouse, Inc. Menu - March 2020

Monday, March 2nd

Breakfast: Cocoa Wheetats/WG Bread/100% Juice/Milk
Lunch: Pot Roast/Carrots/Washed Potatoes/Tropical Fruit/Lg. WG Dinner Roll/Milk
Snack: Sliced Apples/Caramel Dip/Milk

Tuesday, March 3rd (Extended Local Shopping)

Breakfast: Bagels/WG Cereal/Blueberries/Milk
Lunch: Turkey Wrap on Lg. WG Tortilla w/Bacon/Provone
Cheese/Lettuce/Tomato/French Fries/Peaches/Milk
Snack: Chocolate Pudding/Animal Crackers/Milk

Wednesday, March 4th

Breakfast: Breakfast Burrito/WG Cereal/100% Juice/Milk
Lunch: Tuna Noodle Casserole w/Pears & WG Noodles/Pears/Milk
Snack: Cheese Cubes/Pepperoni/WG Crackers

Monday, March 9th

Breakfast: Breakfast Pizza/WG Cereal/100% Juice/Milk
Lunch: Pork Chops/Sweet Potatoes/Applesauce/Lg. Dinner Roll/Milk
Snack: Buffalo Chicken dip/Crackers/Milk

Tuesday, March 10th

Breakfast: Oatmeal/WG Bread/Strawberries/Milk
Lunch: Super Chicken/Washed Potatoes/Broccoli/Fruit Cocktail w/Jell-O/LG Dinner Roll/Milk
Snack: Fruit Pizza on Sugar Cookie Dough w/Kiwif/Strawberries/Blueberries/Cream Cheese

Wednesday, March 11th

Breakfast: WG Pancakes/ WG Cereal/100% Juice/Milk
Lunch: Fish Sticks/Zucchini/Squash/Macaroni-w-Cheese/Pineapple Tidbits/Milk
Snack: Apple Bake/Apples/Milk

Monday, March 16th

Breakfast: French Toast/WG Cereal/Oranges/Milk
Lunch: Meatloaf/(Eggs, Green Peppers, Onions in Recipe)/Washed Potatoes/Applesauce/2 WG Rolls/Milk
Snack: Cheese Sticks/Marinara Sauce/WG Crackers

Tuesday, March 17th (Birthday Celebration)

Breakfast: Creamed Chipped Beef Gravy/ 2 WG Bread/Grapes/Milk
Lunch: WG Chicken Noodle Soup/Mixed Salad w/ Lettuce, Tomato, Cucumbers & Onions/Pears/Milk
Snack: Cheese Dip/Tortilla Chips/Salsa/Milk

Wednesday, March 18th

Breakfast: Sausage, Egg & Cheese Biscuit/100% Juice/Milk
Lunch: Great Northern Beans w/Diced Ham/Corn/Ambrosia Salad w/Oranges & Pineapple/Corn Bread/Milk
Snack: Veggie Pizza on Crescent Rolls w/Broccoli, Cauliflower, Carrots & Cheddar Cheese/Milk

Monday, March 23rd

Breakfast: WG Cereal/ WG English Muffin/100% Juice/Milk
Lunch: Cheeseburger/Macaroni Salad w/Cucumbers & Tomatoes/Peaches/Milk
Snack: Fruit Salad/Pretzels

Tuesday, March 24th

Breakfast: Oatmeal/WG Toast/Orange/Milk
Lunch: Breaded Chicken Filet Sandwich on WG Bun w/Lettuce/Tomato/Potato Soup/Fresh Fruit Salad/Milk
Snack: Cheese Cubes/Pepperoni/ Crackers

Wednesday, March 25th

Breakfast: WG Cereal/WG Pancakes/Strawberries/Milk
Lunch: Baked Ham/Scalloped Potatoes/Lima Beans/Fruit Cocktail/WG Bread/Milk
Snack: Chex Mix/Raisins

Monday, March 30th

Breakfast: WG Cereal/WG English Muffin/100% Juice/Milk
Lunch: Baked Potato w/Broccoli, Bacon Bits & Cheddar Cheese/Caesar Salad/Sour Cream/ Bread Stick/Milk
Snack: Popcorn/Pretzels/Milk

Monday, March 31st

Breakfast: Scrambled Eggs/Turkey Bacon/ WG Toast/Orange/Milk
Lunch: Kielbasa/Sauerkraut/Green Beans/Pears/Milk
Snack: Celery/Carrot Sticks/Peanut Butter