

March

2020

Congregation Beth Israel

March Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Mini corn dogs (chicken) Oven baked fries GF DF V Broccoli GF DF V Mini Quorn dogs Fruit GF DF V</p>	<p>3</p> <p>Taco Tuesday! Rice GF DF V Beans GF DF V Cucumber/tomato salad GF DF V Fruit</p>	<p>4</p> <p>Veggie Pasta with Butter V Garlic Bread Squash GF DF V Fruit GF DF V</p>	<p>5</p> <p>Beef Tater tot casserole GF V Veggie Tot casserole GF DF V Green Salad GF DF V Carrots GF DF V Fruit</p>	<p>6</p> <p>Pizza</p>
<p>9</p> <p>Chicken & Waffles Carrots & Celery GF DF V with Ranch Fruit GF DF V</p>	<p>10</p> <p>Soft Turkey Tacos DF Rice GF DF V Refried Beans GF DF V Fruit GF DF V</p>	<p>11</p> <p>Spaghetti w/ marinara DF V Garlic Bread Sticks E peas GF DF V Fruit GF DF V</p>	<p>12</p> <p>Brisket GF DF Mashed Potatoes GF V Roasted Broccoli GF DF V Fruit GF DF V</p>	<p>13</p> <p>Pizza</p>
<p>16</p> <p>Turkey (Veggie)Chili GF DF Chopped Salad GF DF V Cornbread GF DF V Fruit GF DF V</p>	<p>17</p> <p>Beef Empanadas DF Carrots GF DF V Black Beans GF DF V Fruit GF DF V</p>	<p>18</p> <p>Pasta w/ Meat sauce Garlic Bread Sticks V Peas GF DF V Fruit GF DF V</p>	<p>19</p> <p>Grilled Cheese Sandwich V Tomato Soup GF DF V Veggie Salad GF DF V Pineapple GF DF V</p>	<p>20</p> <p>Pizza</p>
<p>23</p> <p>King Ranch Chicken GF Veggie Ranch GF DF V Mixed Veggies GF DF V Fruit</p>	<p>24</p> <p>Bean & Cheese Quesadilla V Corn GF DF V Spanish Rice GF DF V Fruit</p>	<p>25</p> <p>Fish Sticks DF Mac & Cheese V Peas & carrots GF DF V Fruit GF DF V</p>	<p>26</p> <p>Chicken Fingers DF Quorn Fingers GF DF V Mashed Cauliflower GF DF V Broccoli GF DF V Fruit</p>	<p>27</p> <p>Pizza</p>
<p>30</p> <p>Oven Roasted Turkey GF DF Baked smashed Potato GF DF V Peas & carrots GF DF V Fruit</p>	<p>31</p> <p>Cheese Enchiladas GF V Vegan Enchiladas GF DF V Black Beans, GF DF V Spanish Rice GF DF V Fruit</p>			