


March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cold Milk served with each meal every day.				
<p>2 FRUITY HAWAIIAN CHICKEN BREAST with Hawaiian Sauce & Piping Hot Rice Tender Green Beans Creamy Pudding</p>	<p>3 HEARTY BEEF STROGANOFF Nutritious Cooked Peas Steamy Corn Refreshing Mixed Fruit</p>	<p>4 ROBUST BBQ RIBLETT Healthy Broccoli Warm Spiced Apples Velvety Mac & Cheese Crunchy Cookie</p>	<p>5 DELICIOUS BUTTER BEANS with Diced Ham Tasty Cooked Carrots Nourishing Cooked Spinach Yummy Cornbread Flavorful Muffin</p>	<p>6 SMOTHERED SWISS STEAK w/ Swiss Sauce Wholesome Mixed Veggies Piping Hot Rice Juicy Pineapple</p>
<p>9 SEASONED BURRITO w/CHEESE Refried Beans Crisp Lettuce & Carrots Ranch Dressing Taco Sauce Refreshing Mixed Fruit</p>	<p>10 HEARTY SPAGHETTI w/Italian Sausage Sauce & Parmesan Cheese Piping Hot Carrots & Corn Creamy Cottage Cheese & Tangy Pineapple</p>	<p>11 WHOLESOME BEEF STEW Steamy Broccoli Warm Spiced Apples Crispy Crackers Crunchy Cookie</p>	<p>12 CLASSIC HAM & CHEESE SANDWICH w/Mayo Crisp Lettuce & Sliced Tomato Tasty Pea Salad Creamy Pudding</p>	<p><i>pot luck</i> YUMMY SAUSAGE & CREAM GRAVY With Boiled Egg Scrumptious Oven Fried Potato Wedges Warm Spiced Applesauce Plump Biscuit Flavorful Muffin</p>
<p>16 ZESTY BBQ CHICKEN SANDWICH On a Bun Tender Green Beans Warm Spiced Pineapple Crunchy Cookie</p>	<p>17 TACO SALAD w/Seasoned Ground Meat Tasty Ranch Beans Shredded Cheese Fresh Salad includes Shredded Carrots Tomato Wedge Crispy Tortilla Chips Taco Sauce Creamy Pudding</p>	<p>18 HEARTY BEEF and NOODLES Tender Green Beans Velvety Broccoli & Cheese Crunchy Cookie</p>	<p>19 SEASONED PINTO BEANS with Diced Ham Flavorful Tomato Spoon Relish Coleslaw Yummy Cornbread Delicious Diced Peaches</p>	<p>20 STEAMY BEEF & CABBAGE CASSEROLE with Cheese Nutritious Carrots Spiced Potato Wedges Wheat Bread Jiggly Gelatin with Fruit</p>
<p>23 CRISPY BREADED CHICKEN PATTY SANDWICH Hot Au Gratin Potatoes Crisp Lettuce & Tomato / Mayo Wheat Bread Creamy Pudding</p>	<p>24 ROBUST POLISH SAUSAGE Tasty Sauerkraut Delicious Baked Beans Hot Dog Bun Mustard Delectable Gelatin Cake</p>	<p>25 NUTRITIOUS CHEF SALAD w/ Ham, Cheese & Boiled Egg Salad includes Lettuce Shredded Carrots Tomato Wedge Ranch Dressing Club Crackers Delicious Diced Peaches</p>	<p>26 SAVORY SALISBURY STEAK Yummy Mashed Potatoes with Mushroom Gravy Citrus Glazed Carrots Bread Tangy Pineapple & Creamy Cottage Cheese</p>	<p>27 SMOTHERED BEEF ENCHILADAS with Cheese Zestful Fiesta Corn Seasoned Refried Beans Jiggly Gelatin with Fruit</p>
<p>30 YUMMY SAUSAGE & CREAM GRAVY With Boiled Egg Scrumptious Oven Fried Potato Wedges Warm Spiced Applesauce Plump Biscuit Flavorful Muffin</p>	<p>31 HEARTY BEEF CHILI Seasoned Hominy Warm Spiced Pineapple Crispy Crackers Crunchy Cookie</p>	<p>A suggested \$2.00 Donation for meals. PLEASE reserve or call the site before 11:00pm to ensure your next day lunch reservation. Lunch is served at 11:30am at all locations.</p>	<p>Visit our website www.tccsnp.com</p> <p> Follow us on Facebook</p> <p>All nutrition Sites are ADA accessible.</p>	<p>For Transportation needs—for Tulsa County—call Tulsa County Sites. Creek County—call Cimarron Public Transit 800-789-7314</p>