



Erie County Stay Fit Dining Program Ken Ton

STANDARD

March 2026



Monday	Tuesday	Wednesday	Thursday	Friday
March 2 Beef Chili con Carne with Grated Cheddar Cheese Brown Rice Carrots & Broccoli Crackers Cinnamon Pears (743)	3 Pulled Pork Macaroni & Cheese Cauliflower Green Beans with Grated Carrots Dinner Roll Fruit & Yogurt Parfait (651)	4 Italian Sausage, Peppers & Onions with Tomato Sauce Peas Wax Beans Soft Roll Grapes (684)	5 Side Salad Chicken Florentine with Sauce & Spinach Broccoli Chef Salad with Dressing Penne Pasta Pumpkin Parfait (639)	6 Lenten Meal Baked Cod with Mango Salsa Rice Pilaf California Mix Vegetables Pear Parfait (632)
9 Potato, Kielbasa & Chicken Skillet Carrots Green Beans with Green Peppers Roll Chocolate Chip Cookie(850)	10 Steakette Burger with Low Sodium Mushroom Gravy Mashed Potato California Mix Vegetables Roll Peanut Butter Cookie (1)	11 Meatloaf with Low Sodium Gravy Scalloped Potatoes Country Cottage Mix Vegetables Roll Strawberry Bavarian (616)	12 Roast Turkey with Low Sodium Gravy Sweet Potatoes Peas Stuffing Jello with Topping (589)	13 Lenten Meal Cheese Ravioli with Tomato Sauce & Mozzarella Cheese Spinach with Mushrooms Cauliflower Italian Bread Brownie (773)
16 Bratwurst with Baked Beans Roasted Red Potatoes with Green Pepper Zucchini Medley Roll Homemade Cookie (952)	17 Turkey a la King Mashed Potatoes Country Cottage Mix Vegetables Roll Warm Apples & Apricots (665)	18 Saint Patrick's Day Hot Corned Beef with Cabbage Roasted Sweet Potatoes Carrots Roll Shamrock Parfait (763)	19 Chicken Cordon Bleu with Hollandaise Sauce Peas Broccoli & Carrots Rice Homemade Cookie (835)	20 Lenten Meal Tomato & Basil Macaroni & Cheese Oriental Blend Vegetables California Mix Vegetables Apple Crisp (690)
23 Beef Pepper Steak Casserole with Pepper & Onion Mixed Vegetables Cauliflower Rice Roll Tropical Fruit (659)	24 Cheesy Barbecue Chicken with Onion & Bacon Rice Pilaf Broccoli Roll Apricots (617)	25 Chicken Marsala over Rice California Mix Vegetables Spinach Roll Pineapple Crisp (684)	26 Homemade Goulash with Mozzarella Cheese Peas Carrots Italian Bread Strawberry Yogurt Parfait(720)	27 Lenten Meal Italian Haddock with Bruschetta Topping Sweet Potato Broccoli Brown Rice Roll Mandarin Oranges (663)
30 Swedish Meatballs with Low Sodium Sauce Bermuda Blend Vegetables Carrots Pasta Roll Tropical Fruit (758)	31 Honey Glazed Chicken Sweet Potato Lima Bean Bake Roll Pudding Parfait (816) **If you have a food allergy, please notify us.**	April 1 Beef Stroganoff Cauliflower Green Beans with Shredded Carrots Rice Berry Compote (597) **Menu subject to change**	2 Happy Easter Low Sodium Ham Steak with Pineapple Scalloped Potatoes Au Gratin Broccoli & Carrots Roll Fruit Crisp (626)	3 Good Friday Holiday No Meals Served

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