
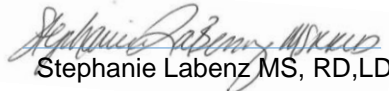


# MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>TO RESERVE OR CANCEL</b>	<b>If Newton Schools close</b>	<b>If Newton Schools are on</b>	<b>1</b>
	<b>A MEAL CALL</b>	<b>due to weather, we close.</b>	<b>hard surfaces only, we will</b>	Sloppy Joe on Bun 1.5
	<b>641-792-7102</b>	<b>Listen to KCOB</b>	<b>not deliver to clients on</b>	Sweet Potato Fries 1.5
	<b>Toll Free 1-866-942-7102</b>	<b>(1280 AM or 95.9 FM) or</b>	<b>gravel roads.</b>	Broccoli Normandy
		<b>TV Channels 5, 8 or 13.</b>		Chilled Pineapple 1
				Brownie 2
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Meatloaf	Baked Cod	Salisbury Steak	Chicken and Bean Chili (2.5)	Macaroni & Cheese w/(1.5)
Creamed Potatoes (1)	Broccoli Rice Au Gratin 1	Potato 1	1/2 Egg Sandwich (1)	Turkey Ham
Green Beans	Cauliflower	Corn 1	Crackers (1)	Broccoli Normandy
Tropical Fruit(1)	Banana 2	Cinnamon Applesauce 1	Fruit Cocktail in Jello-O (2)	Strawberries(1)
Spiced Peaches (1)	Coffee Cake 1.5	Pumpkin Dessert 1.5		Tapioca Pudding (2)
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Minestrone Soup (1)	Ranchero Steak (.5)	BBQ Chicken	Pork Chop w/ Brown Gravy	Beef and Cabbage Casserole 0.5
1/2 Ham Salad Sandwich(1)	Rice (1)	Baby Potatoes (1)	Mashed Potatoes(1)	Carrots
Carrots	Spinach Salad	Asparagus	Mixed Vegetables (1)	Luck of the Irish Salad 2
Fruit Cocktail(1)	Plums(1)	Banana(2)	Jello Salad (1.5)	Pears 1
Strawberry Yogurt Salad (1)	Frosted Brownie (2)	Cherry Crisp(2)	Peaches(1)	 Poke Cake 2
	Wheat Dinner Roll (1)			<b>Happy St. Patrick's Day!</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Crispy Fish	Meatball Sandwich(1)	Ham & Bean Soup(.5)	<b>Cook's Choice</b>	Beef Pepper Steak
Parslied Potatoes (1)	Tater Tots(1)	Broccoli	Chicken Casserole	Over Rice(1)
Creamed Asparagus(.5)	Buttered Corn(1)	Applesauce in Cherry Jello(1.5)	Mixed Vegetables	Spinach Salad
Peaches 1	Pears(1)	Tropical Fruit(1)	Tomatoes	Plums(1)
Raisins 1	Butterscotch Bar(2)	Cornbread(1.5)	Bread Pudding	Chocolate Chip Cookie(1)
			Orange	
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29 Cook's Choice</b>
Herb Baked Chicken	Hamburger on a Bun(1)	Liver & Onions	Open Face Turkey Sandwich 1	Creamy Broccoli soup
Potatoes (1)	Tomato Salad	Escalloped Potatoes(2)	Whipped Potatoes 1	Pickled Beets
Green Beans Amandine	Potato Salad(1)	Peas & Carrots(1)	Garden Mix Vegetables (1)	Mandarin Oranges
Pineapple(1)	Baked Beans (1)	Plums(1)	Fruit Cocktail (1)	Lemon Cheese Cake
Apricots(1)	Applesauce (1)	White Cake/Frosting(2)	Peanut Butter Bar 1.5	Crackers

\*\*Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults. The number in parentheses denotes the carbohydrate count for those with diabetes. Cook's Choice days do not have carbohydrate count labeled.

  
Stephanie Labenz MS, RD,LD