March 2023

Ector Co.Eld. Nutrition 1225 N. Adams-Odessa (432)333-6791 Due to availability of food, menu is subject to change

Northside Center 11:30 - 12:30 Southside Center 11:00 - 12:00

SUMMIT -Meal Provider

\$3.00 Suggested Meal Donation

Monday	Tuesday	Wednesday	Thursday	Friday
			As printed and allows buildings 2	
		Beef Tips w. Peppers	Bean & Ham Soup	Spaghetti Noodles
		Mushroom Gravy	Whole Grain	With Meat Sauce
	7	Steamed Brown Rice	Crackers	Green Beans
		Harvard Beets	Turkey Club	Tossed Salad w.
HAL	PPY**	Waldorf Salad	Sandwich	FF Ranch Dressing
0-1012	20 Co 7 Q	Pears	Broccoli &	Angel Cake with
Q1.19/V	way, o	Tea/Milk	Cauliflower Salad	Chocolate Sauce
	DAY		Fruited Gelatin	Tea/Milk
			Tea/Milk	
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Pot Roast w.	BBQ Chicken	Cod Fish Fillet on	Chicken Soft Taco	Pepper Steak
Potatoes & Carrots	Potato Salad	WW Bun	w. Shredded Cheese	Steamed Brown Rice
WW Roll/Bread	Mixed Squash	Tartar Sauce	Chopped Lettuce &	Broccoli
Red Onion & Romaine	Casserole	Oven Baked French	Tomatoes	WW Roll/Bread
Lettuce Salad	Biscuit	Fries	Refried Beans	Apple Crisp
Vinaigrette Dressing	Carrot & Raisin	Cabbage Slaw	Tortilla Chips/Salsa	Tea/Milk
Strawberries	Salad	Peanut Butter	Fruited Gelatin w.	
Tea/Milk	Fruit Cup	Cookie	Marshmallows	
	Tea/Milk	Tea/Milk	Tea/Milk	
Clarity and March 13				17
Open Face Hot	Meatloaf	Chicken Stir Fry	Beef Brisket	Baked Chicken &
Turkey on	Au Gratin Potatoes	Brown Rice	Pinto Beans	Dressing
Whole Wheat Bread	Chopped Spinach	Stir Fry Vegetables	Steamed California	Squash Medley
with Turkey Gravy	Banana Pudding	Cucumber Salad	Blend	WW Roll/Bread
Potato Wedges	Tea/Milk	Veggie Spring Roll	WW Roll/Bread	Tropical Fruit Cup
Green Pea Salad		Strawberry	Berry Crisp	Tea/Milk
Orange Wedges		Shortcake	Tea/Milk	
マー・/8月111-		Tea/Milk	10	
Tea/Milk		Carleink		
	24		23 SECONDO DE LA COMPONIO DE C	
20	21 Roof & Vogetable	 	Erito Turkov Chili	24 Pkd Chickon Nuggets
20 Marinated Chicken	Beef & Vegetable	22 BBQ Pulled Pork	Frito Turkey Chili	Bkd Chicken Nuggets
20 Marinated Chicken Oven Roasted	Beef & Vegetable Stew	22 BBQ Pulled Pork on WW Bun	Frito Turkey Chili Pie with Beans	Bkd Chicken Nuggets Macaroni & Cheese
20 Marinated Chicken Oven Roasted Potatoes	Beef & Vegetable Stew Cornbread	BBQ Pulled Pork on WW Bun Black Eyed Peas	Frito Turkey Chili Pie with Beans Mexicali Corn	Bkd Chicken Nuggets Macaroni & Cheese Seasoned Greens
20 Marinated Chicken Oven Roasted Potatoes Mixed Vegetables	Beef & Vegetable Stew Cornbread Tossed Salad	BBQ Pulled Pork on WW Bun Black Eyed Peas Broccoli &	Frito Turkey Chili Pie with Beans Mexicali Corn Jalapeno Cornbread	Bkd Chicken Nuggets Macaroni & Cheese Seasoned Greens Relish Plate (Dill
20 Marinated Chicken Oven Roasted Potatoes Mixed Vegetables WW Roll/Bread	Beef & Vegetable Stew Cornbread Tossed Salad FF Dressing	BBQ Pulled Pork on WW Bun Black Eyed Peas Broccoli & Cauliflower Salad	Frito Turkey Chili Pie with Beans Mexicali Corn Jalapeno Cornbread Pears	Bkd Chicken Nuggets Macaroni & Cheese Seasoned Greens Relish Plate (Dill Picle Spear, Carrot
Marinated Chicken Oven Roasted Potatoes Mixed Vegetables WW Roll/Bread Cherry Cobbler	Beef & Vegetable Stew Cornbread Tossed Salad FF Dressing Lime Gelatin with	BBQ Pulled Pork on WW Bun Black Eyed Peas Broccoli & Cauliflower Salad Plums	Frito Turkey Chili Pie with Beans Mexicali Corn Jalapeno Cornbread	Bkd Chicken Nuggets Macaroni & Cheese Seasoned Greens Relish Plate (Dill Picle Spear, Carrot Stick & Green Olives)
20 Marinated Chicken Oven Roasted Potatoes Mixed Vegetables WW Roll/Bread	Beef & Vegetable Stew Cornbread Tossed Salad FF Dressing Lime Gelatin with Pineapple and	BBQ Pulled Pork on WW Bun Black Eyed Peas Broccoli & Cauliflower Salad	Frito Turkey Chili Pie with Beans Mexicali Corn Jalapeno Cornbread Pears	Bkd Chicken Nuggets Macaroni & Cheese Seasoned Greens Relish Plate (Dill Picle Spear, Carrot Stick & Green Olives) Apricot Halves
Marinated Chicken Oven Roasted Potatoes Mixed Vegetables WW Roll/Bread Cherry Cobbler	Beef & Vegetable Stew Cornbread Tossed Salad FF Dressing Lime Gelatin with Pineapple and Marshmallows	BBQ Pulled Pork on WW Bun Black Eyed Peas Broccoli & Cauliflower Salad Plums	Frito Turkey Chili Pie with Beans Mexicali Corn Jalapeno Cornbread Pears	Bkd Chicken Nuggets Macaroni & Cheese Seasoned Greens Relish Plate (Dill Picle Spear, Carrot Stick & Green Olives)
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Marinated Chicken Oven Roasted Potatoes Mixed Vegetables WW Roll/Bread Cherry Cobbler Tea/Milk 27 Cheeseburger on	Beef & Vegetable Stew Cornbread Tossed Salad FF Dressing Lime Gelatin with Pineapple and Marshmallows Tea/Milk 28 Lasagna	BBQ Pulled Pork on WW Bun Black Eyed Peas Broccoli & Cauliflower Salad Plums Tea/Milk 29 Sweet & Sour Chicken	Frito Turkey Chili Pie with Beans Mexicali Corn Jalapeno Cornbread Pears Tea/Milk 30 Roast Turkey	Bkd Chicken Nuggets Macaroni & Cheese Seasoned Greens Relish Plate (Dill Picle Spear, Carrot Stick & Green Olives) Apricot Halves Tea/Milk 31 Spicy Mexican
Marinated Chicken Oven Roasted Potatoes Mixed Vegetables WW Roll/Bread Cherry Cobbler Tea/Milk 27 Cheeseburger on Whole Wheat Bun	Beef & Vegetable Stew Cornbread Tossed Salad FF Dressing Lime Gelatin with Pineapple and Marshmallows Tea/Milk 28 Lasagna Capri Blend	BBQ Pulled Pork on WW Bun Black Eyed Peas Broccoli & Cauliflower Salad Plums Tea/Milk 29 Sweet & Sour Chicken Fluffy Steamed	Frito Turkey Chili Pie with Beans Mexicali Corn Jalapeno Cornbread Pears Tea/Milk 30 Roast Turkey Gravy	Bkd Chicken Nuggets Macaroni & Cheese Seasoned Greens Relish Plate (Dill Picle Spear, Carrot Stick & Green Olives) Apricot Halves Tea/Milk 31 Spicy Mexican Pork Stew w.
Marinated Chicken Oven Roasted Potatoes Mixed Vegetables WW Roll/Bread Cherry Cobbler Tea/Milk 27 Cheeseburger on Whole Wheat Bun Baked Beans	Beef & Vegetable Stew Cornbread Tossed Salad FF Dressing Lime Gelatin with Pineapple and Marshmallows Tea/Milk 28 Lasagna Capri Blend Vegetables	BBQ Pulled Pork on WW Bun Black Eyed Peas Broccoli & Cauliflower Salad Plums Tea/Milk 29 Sweet & Sour Chicken Fluffy Steamed Brown Rice	Frito Turkey Chili Pie with Beans Mexicali Corn Jalapeno Cornbread Pears Tea/Milk 30 Roast Turkey Gravy Cranberry Sauce	Bkd Chicken Nuggets Macaroni & Cheese Seasoned Greens Relish Plate (Dill Picle Spear, Carrot Stick & Green Olives) Apricot Halves Tea/Milk 31 Spicy Mexican Pork Stew w. Potatoes, Carrots &
Marinated Chicken Oven Roasted Potatoes Mixed Vegetables WW Roll/Bread Cherry Cobbler Tea/Milk 27 Cheeseburger on Whole Wheat Bun Baked Beans Strawberries on	Beef & Vegetable Stew Cornbread Tossed Salad FF Dressing Lime Gelatin with Pineapple and Marshmallows Tea/Milk 28 Lasagna Capri Blend Vegetables Tossed Green Salad	BBQ Pulled Pork on WW Bun Black Eyed Peas Broccoli & Cauliflower Salad Plums Tea/Milk 29 Sweet & Sour Chicken Fluffy Steamed Brown Rice Peas w. Sweet Red	Frito Turkey Chili Pie with Beans Mexicali Corn Jalapeno Cornbread Pears Tea/Milk 30 Roast Turkey Gravy Cranberry Sauce Candied Yams	Bkd Chicken Nuggets Macaroni & Cheese Seasoned Greens Relish Plate (Dill Picle Spear, Carrot Stick & Green Olives) Apricot Halves Tea/Milk 31 Spicy Mexican Pork Stew w. Potatoes, Carrots & Green Chilies
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