



March 2020

Meals on Wheels Collin County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
2 Cheeseburger Macaroni Broccoli Corn Yogurt 2% Milk Quart Calories: 682 Carbs: 84 g Fat: 25g Protein: 33 g Sodium: 588mg	3 Oven Fried Chicken w/ Pepper Gravy Winter Blend Vegetables Warm Cinnamon peaches Wheat Roll Calories: 695 Carbs: 88 g Fat: 20g Protein: 32g Sodium: 1034mg	4 King Ranch Casserole White Rice Fiesta Vegetables Mixed Fruit Calories: 709 Carbs: 85g Fat: 23g Protein: 40 g Sodium: 1321 mg	5 Steak Fingers w/ Pepper Gravy Green Beans Mashed Potatoes Pumpkin Spice Pudding Calories: 660 Carbs: 91 g Fat: 19g Protein: 26g Sodium: 992mg	6 Bean Burrito w/ Queso Rice Chuckwagon Corn Pineapple Calories: 738 Carbs: 124 g Fat: 18g Protein: 24 g Sodium: 859mg	<p>TO CANCEL A MEAL: Call by 2 PM the day before 972-562-6996</p> <p>MILK QUARTS: Will be delivered once a week. Try drinking one serving of the quart with lunch each day. Nutrition facts provided include a serving of milk.</p> <p>MENU CHANGES: Side items may change with fresh produce shipments provided by the North Texas Food Bank.</p> <p>NUTRITION: Our nourishing meals provide an array of nutrients to promote optimal health. All meals provide a minimum of one-third of the daily nutritional requirements for older adults.</p> <p>Menus are seasonally changed every six months to keep menu offerings fresh and appealing. No salt is added during preparation and salt-free products are used as much as possible. Menus are planned by a Registered Dietitian.</p>
9 Beef Enchiladas Rice Black Beans Applesauce 2% Milk Quart Calories: 919 Carbs: 115g Fat: 32 g Protein: 45 g Sodium: 971mg	10 BBQ Beef Sandwich Corn Warm Rice Pudding Hamburger Bun Calories: 628 Carbs: 79 g Fat: 17g Protein: 40 g Sodium: 661mg	11 Spaghetti w/ Meat Sauce Green Beans California Blend Vegetables Breadstick Mixed Fruit Calories: 677 Carbs: 90 g Fat: 24g Protein: 28 g Sodium: 915mg	12 Chicken Gumbo w/ Rice Cornbread Mixed Vegetables Orange Calories: 602 Carbs: 90 g Fat: 12 g Protein: 34 g Sodium: 970mg	13 Country Fried Steak w/ Pepper Gravy Peas White Beans w/ Rosemary Wheat Roll, Sugar-Free Jello Calories: 715 Carbs: 83g Fat: 24g Protein: 38g Sodium: 1310mg	
16 Meatballs over Rice Okra & Tomatoes Baby Carrots Applesauce 2% Milk Quart Calories: 677 Carbs: 76g Fat: 29g Protein: 31 g Sodium: 1126mg	17 St. Patrick's Day BBQ Chicken Wings Baked Beans Cornbread Orange Calories: 661 Carbs: 82 g Fat: 22g Protein: 35 g Sodium: 1274 mg	18 Meatloaf w/ Tomato Sauce Mashed Potatoes Green Beans Wheat Roll Peas Calories: 753 Carbs: 92 g Fat: 11 g Protein: 33 g Sodium: 873 mg	19 Baked Chicken & Mushrooms Peas & Carrots Rice Peaches Calories: 613 Carbs: 87 g Fat: 15g Protein: 35 g Sodium: 658mg	20 Marinara Baked Pasta Zucchini Roasted Sweet Potatoes Fig Bar Calories: 626 Carbs: 91 g Fat: 18g Protein: 25 g Sodium: 686mg	
23 Chicken Tenders Stuffing Succotash Yogurt 2% Milk Quart Calories: 755 Carbs: 101g Fat: 24 g Protein: 36 g Sodium: 1060mg	24 Fish Sticks w/ Tartar Sauce Tuscany Mixed Vegetables Mashed Sweet Potatoes Banana Pudding Calories: 717 Carbs: 87 g Fat: 29g Protein: 20 g Sodium: 819mg	25 Teriyaki Chicken over Snow Peas Carrots Rice Tropical Fruit Calories: 604 Carbs: 85 g Fat: 23g Protein: 31 g Sodium: 821mg	26 Chili Cornbread Green Beans Mandarin Oranges Calories: 680 Carbs: 80 g Fat: 27 g Protein: 30 g Sodium: 1113mg	27 Beef & Pepper Casserole Peas & Pearl Onions Cauliflower Pineapple Calories: 603 Carbs: 62g Fat: 27g Protein: 29g Sodium: 575mg	
30 Taco Casserole Rice Yellow Squash Shortbread Cookie 2% Milk Quart Calories: 668 Carbs: 76g Fat: 27g Protein: 28 g Sodium: 639mg	31 Chicken Vegetable Casserole Broccoli Black Eyed Peas Peaches Calories: 600 Carbs: 86g Fat: 11g Protein: 44g Sodium: 624mg				
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