

<p>1 Easter Brunch Omelets to order Hash Browns French Toast Spiral Ham Sausage Baked Chicken Mostaccioli / Beans Fruit / Cheesecake</p>	<p>2 Ford Retirees BBQ Pork Sandwiches Sweet Potato Wedges Celery Salad 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p>3 Chicken, Shrimp and Rice Stew with peas Broccoli Salad 728 Cal. 10g fat 14g protein 27g Carb 3g fiber 8g sugar 541mg sodium</p>	<p>4 Birthday Dinner Hot Roast Turkey Sandwiches Mashed Potatoes Green Beans Cake & Ice Cream 600 cal. 26g fat 75 carb 12g fiber 10g sugar 39g prot. 1,713 mg sod.</p>	<p>5 Beef Stew Homemade Cornbread Cottage Cheese 621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g protein 1,328mg sod.</p>	<p>6 Chicken & Spinach Lasagna Rolls Carrots Pears 453 cal. 11g fat 49carb 8g fiber 9g sugar 17g prot. 1,374mg sod</p>	<p>7 Breakfast 7:00 am to 1:00 pm Ala Carte Sandwiches</p>
<p>8 Pork Roast Red Skin Potatoes Creamed Corn Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium</p>	<p>9 Low fat Baked Chicken Baked Potatoes Normandy Blend Vegetables 880 cal. 23g fat 127 carb 12g fiber 47g sugar 40g prot. 1,211 mg sod.</p>	<p>10 SMCC Class of '58 Breakfast to 1:00 BF Burritos Available Sweet & Sour Pork Brown Rice Stir Fry Vegetables 650 cal. 18g fat 94 carb 9g fiber 24g sugar 25g pro. 904mg sod.</p>	<p>11 Chicken Scampi over Angel Hair Pasta Broccoli Pineapple 403 cal. 7.7g fat 47g carbs 25g prot. 130gm sod 5g sugar 3.8g fiber</p>	<p>12 Baked Salmon Country Potatoes California Mix Vegetables 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p>13 Open Faced Beef Sandwich Mashed Potatoes Peas 600 cal. 26g fat 75 carb 12g fiber 10g sugar 39g prot. 1,713 mg sod.</p>	<p>14 Bring Your Parent Day Breakfast 7:00 am to 1:00 pm Waffles Available Ala Carte Sandwiches</p>
<p>15 Bingo Roast Beef Mashed Potatoes Broccoli Pears 1,105 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p>	<p>16 Music with Herm Pineapple Ham Au Gratin Potatoes California Mix 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.</p>	<p>17 Beef Tips Over Noodles Harvard Beets Fresh Fruit 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1189mg sod.</p>	<p>18 Class of '67 Breakfast Class of '68 Lunch Spaghetti & Meat Sauce Garlic Bread Peaches in own juice 780 cal. 25g fat 91 carb 9g fiber 6g sugar</p>	<p>19 Taco Salad in a Shell Spanish Rice with Stewed Tomatoes Refried Beans 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod</p>	<p>20 Marinated Chicken Breast Baked Potato Butternut Squash 583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod.</p>	<p>21 Breakfast 7:00 am to 1:00 pm Ala Carte Sandwiches</p>
<p>22 Turkey Sweet Potatoes Green Beans Cranberry Sauce 600 cal. 26g fat 75 carb 12g fiber 10g sugar 39g pro. 713 mg sod.</p>	<p>23 Pork Chop with Mushroom Gravy Mashed Potatoes Broccoli / Applesauce 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</p>	<p>24 Breakfast to 1:00 BF Burritos Available Sweet & Sour Chicken Brown Rice Stir Fry Vegetables 600 cal. 8g fat 94 carb 9g fiber 24g sugar 25g pro. 904mg sod.</p>	<p>25 Movie Day Chicken or Beef Pot Pie Cottage Cheese with Peaches 695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium</p>	<p>26 Health Odyssey Lunch served at 11:30 RSVP Required USA Wild Caught Cod Sweet Potatoes / Salad Cauliflower / Fresh Fruit 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p>27 Liver & Onions or Salisbury Steak Mashed Potatoes Green Beans 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod.</p>	<p>28 Breakfast 7:00 am to 1:00 pm Ala Carte Sandwiches</p>

29 \$5 Special
Salsa Meat Loaf
Mashed Potatoes
Mixed Vegetables
Crisp & Ice Cream

464 cal. 30g fat 29 carb
15g fiber 12g sugar 30g
pro. 369 mg sodium

30 End of Month Special—\$2.00
Chicken Tortilla or
Bean with Ham Soup
Egg Salad or Tuna Melt
Sandwich

Dessert

April
2018



Monroe Center
meals are open to the **public.**
Menu subject to change.
734-241-0404