

## MARCH 2026 MEALS ON WHEELS MENU

This menu meets the nutritional guidelines required by the Kansas Department of Aging & Disability Services (KDADS).

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> CHILI CRACKERS/CHEESE CARROTS/CELERY CINNAMON ROLL MILK	<b>3</b> FRIED CHICKEN MASHED POTATOES W/ COUNTRY GRAVY GREEN BEAN CASSEROLE WHEAT ROLL COOKIE/MILK	<b>4</b> HAM SALAD W/ CROISSANT TOMATO SLICES COTTAGE CHEESE SIDE SALAD W/DRESSING PINEAPPLE MILK	<b>5</b> PULLED PORK W BUN BBQ SAUCE PICKLE SPEAR CHIPS BAKED BEANS APPLESAUCE/MILK	<b>6</b> CATFISH RED SKIN POTATOES VEGETABLE BLEND WHEAT ROLL COOKIE MILK
<b>9</b> CHILI DOG W/BUN CHIPS COLESLAW STRAWBERRY SHORTCAKE MILK	<b>10</b> MEATLOAF(KETCHUP) MASHED POTATOES W/ BROWN GRAVY SWEET CARROTS WHEAT ROLL FRUIT PIE/MILK	<b>11</b> BEEF TACO SALAD LETTUCE/CHEESE/SALSA SC/TOMATOES CHIPS CORN REFRIED BEANS/ COOKIE/MILK	<b>12</b> BBQ CHICKEN BAKED POTATO/ SC VEGETABLE BLEND WHEAT ROLL FRUIT/MILK	<b>13</b> TUNA SALAD W/ CROISSANT TOMATO SLICES SIDE SALAD W/DRESSING COTTAGE CHEESE JELLO CAKE MILK
<b>16</b> BROCOLLI & CHEESE SOUP BAKED POTATO/SC WHEAT CRACKERS FRUIT CRISP MILK	<b>17</b> COUNTRY FRIED STEAK MASHED POTATOES W/ COUNTRY GRAVY SEASONED GREEN BEANS WHEAT ROLL FRUIT/MILK	<b>18</b> SLOPPY JOE W/BUN PICKLE SPEAR MAC & CHEESE VEGETABLE BLEND JELLO/MILK	<b>19</b> BEEF & NOODLES OVER MASHED POTATOES PEAS WHEAT ROLL COOKIE/MILK	<b>20</b> CHEF SALAD TURKEY/EGG/CHEESE/ CUCUMBER/TOMATO DRESSING/CROUTONS/ WHEAT CRACKERS PIE/MILK
<b>23</b> MCRIB RED SKIN POTATOES SWEET CARROTS WHEAT BREAD COOKIE/MILK	<b>24</b> ENCHILADA CORN CHIPS & SALSA BANANA MILK	<b>25</b> CHICKEN SANDWICH PICKLE/CHEESE/ONION TOMATO MAC & CHEESE SEASONED GREEN BEANS FRUIT CRISP/MILK	<b>26</b> POLISH SAUSAGE W/BUN POTATO WEDGES BAKED BEANS SIDE SALAD/DRESSING WHEAT CRACKERS ORANGE/COOKIE MILK	<b>27</b> FRIED FISH POTATO SALAD COLESLAW WHEAT ROLL BAKED CINNAMON APPLES MILK
<b>30</b> SWISS STEAK BABY BAKERS SWEET CARROTS BISCUIT W/HONEY FRUIT/MILK	<b>31</b> FRIED CHICKEN MASHED W/GRAVY GREEN BEANS DINNER ROLL FRUIT PIE MILK		Pioneer Center-985-2296 Keenage Center-989-3501 Highland-442-5550 LEISURE HOUR- 913-365-2409	A donation of \$5.00 is requested if over 60. If under 60 please pay \$9.00, the actual cost of the meal