

SCHUYLER COUNTY OFA NUTRITION PROGRAM



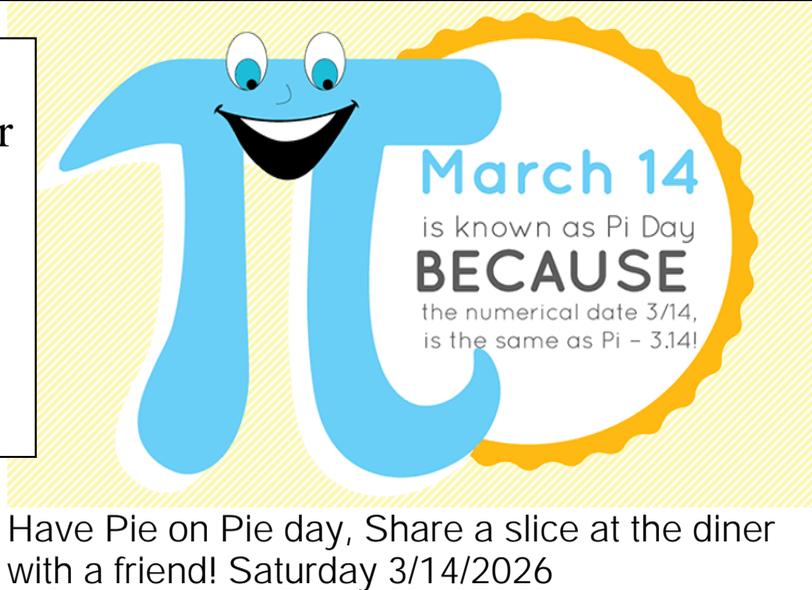
**FOR RESERVATIONS CALL
535-7470 BY 9AM**

<p>2 Hot Roast Beef on Bun* Parsley Carrots Baked Potato with sour cream Pears and Blueberries & Yogurt</p>	<p>3 Turkey Stew Green Beans Frijole Salad Buttermilk Biscuit*</p>	<p>4 Vegetable Lasagna Winter Squash Dinner Roll* Cranberry Fruit Salad</p>	<p>5 Baked Fish w/ Dill Sauce Brown Rice* California Blend Vegetables Peach Coleslaw Applesauce</p>	<p>6 Brunch 11AM Pepper, Onion, Egg Scramble Roasted Red Potatoes Belgian Waffle Sticks* Tropical Fruit Salad</p>
<p>9 Broccoli and Ham Casserole Couscous* Sweet Potatoes and Apples Mandarin Oranges Yogurt</p>	<p>10 BBQ Chicken on Bun* Spinach Chickpea Salad Fruit Cocktail</p>	<p>11 Turkey a la King Buttermilk Biscuit* Cauliflower Fresh apple Cucumber and Onion Salad</p>	<p>12 Swedish Meatballs Over Egg Noodles* Peas and Pearl Onions Grapes Pear Salad</p>	<p>13 Stuffed Shells Lima Beans Whole grain bread* Tossed Salad w/ Italian Dressing Mixed Berries</p>
<p>16 Turkey meatloaf Corn Parsley Carrots Fruit Fluff Pumpkin Muffin* Yogurt</p>	<p>17 St. Patrick's Day Irish Pork Stew  Brown Rice* Sweet and Sour Cabbage Peaches Irish Sada Bread</p>	<p>18 Baked Fish Kiev Italian Blend Vegetables Mashed Potatoes Carrot Celery Salad Buttermilk Biscuit*</p>	<p>19 Black Bean and Sweet Potato Chili Winter Squash Mixed berries Banana Muffin*</p>	<p>20 Chicken Corn Casserole Broccoli Peach Apple Salad Low sodium V8 Blueberry Muffin*</p>
<p>23 Cabbage Rolls (stuffed w/ rice and ground beef) Harvard beets Warm apple slices Whole Grain Bread* Yogurt</p>	<p>24 Macaroni & Cheese* Collard Greens Applesauce Tossed Salad WG Dinner Roll</p>	<p>25 Sloppy Joe on Bun* Rosted Root Vegetables Zucchini and Tomatoes Ambrosia Salad</p>	<p>26 Salisbury Steak Brussel Sprouts Couscous* Tomato Basil Salad Mandarin Oranges</p>	<p>27 Herbed Pork Tenderloin Farro* Italian Green Beans Peaches w/ raspberries Seven Layer Salad</p>
<p>30 Chicken Alfredo Fettucini* California Blend Vegetables Pineapple Tidbits Low sodium V8 Yogurt</p>	<p>31 Parmesan Crusted Fish Mashed Potatoes Chef cut Vegetable Blend Buttermilk Biscuit* Fresh Orange</p>		<p>If You have a FOOD ALLERGY, please NOTIFY THE KITCHEN STAFF! Allergen info available for all menu items.</p>	<p>1% milk served at every meal **Menu subject to change Allergen information for menu items is available, ask a food service employee for details</p>

* Whole Grain ***



Happy St Patrick's day Come Join us for lunch and celebrate the luck of us all.
Call Brian for reservations
607-535-7470



Have Pie on Pie day, Share a slice at the diner with a friend! Saturday 3/14/2026



MARCH

Monday, March 2	QTY.	Cals (kcal)	SatFat (g)	B12 (mcg)	Sod(mg)	VitD	Carb (g)	Prot (g)	Calc	Fat (g)	Fiber	Sugar (g)
Roast Beef	3 oz	138	2	1	31	0	0	21	5	5	0	0
Whole Grain Bun	2 oz	140	0	0	248	0	23	6	103	2	3	3
Parsley Carrots	4 oz	60	1	0	75	0	9	1	41	3	4	0
Baked Potato w/ Sou	1w/ 1 oz SC	184	3	0	23	0	30	4	50	5	3	0
Pears w/ Blueberries	6 oz	99	0	0	7	0	25	0	11	0	4	0
Yogurt	5.3 oz	71	0	1	75	1	13	5	100	0	0	3
Total		692	6	1	459	1	100	37	310	15	14	6
Tuesday, March 3	Quantity	Cals (kcal)	SatFat (g)	min B12 (mcg)	Sod (mg)	in D	Carb (g)	Prot (g)	cium (mg)	Fat (g)	otFib (g)	Suga
Turkey Stew	6 oz	176	1	0	111	0	9	29	22	2	1	0
Green Beans	4 oz	32	0		1	0	7	2	48	0	3	0
Frijole Salad	6 oz	91	0	0	266	0	20	3	53	0	5	0
Whole Grain Biscuit	2 oz	190	6		310	0	24	4	160	9	2	2
1% Milk	8 oz	95	1	1	100	3	11	8	283	2	0	0
Total		584	8	1	788	3	71	46	566	13	11	2
Wednesday, March 4	Quantity	Cals (kcal)	SatFat (g)	min B12 (mcg)	Sod (mg)	in D	Carb (g)	Prot (g)	cium (mg)	Fat (g)	otFib (g)	Sugar(g)
Vegetable Lasagna	8 oz	271	4	0	362	0	32	16	277	8	4	0
Winter Squash	4 oz	42	0		1	0	10	1	25	0	3	0
Cranberry Fruit Salad	6 oz	167	0	0	8	0	41	1	11	0	2	0
Whole Grain Dinner	1 oz	80	0		170		15	3	0	1	1	
1% Milk	8 oz	95	1	1	100	3	11	8	283	2	0	0
Total		655	5	1	641	3	109	29	596	11	10	0
Thursday, March 5	Quantity	Cals (kcal)	SatFat (g)	min B12 (mcg)	Sod (mg)	in D	Carb (g)	Prot (g)	cium (mg)	Fat (g)	otFib (g)	Sugar
Baked Fish w/ Dill Sa	4 oz	175	6	1	117	1	0	18	13	11	0	0
Brown Rice	2 oz (dry)	202	0		0	0	46	4	6	2	3	0
California Blend Vege	4 oz	33	0		33		7	1	27	0	3	0
Peach Coleslaw	6 oz	120	0	0	108	0	30	1	18	0	2	9
Applesauce	6 oz	135	0		15	0	35	0	8	0	2	14
1% Milk	8 oz	95	1	1	100	3	11	8	283	2	0	0
Total		760	7	2	373	4	129	32	355	15	10	23
Friday, March 6	Quantity	Cals (kcal)	SatFat (g)	min B12 (mcg)	Sod (mg)	in D	Carb (g)	Prot (g)	cium (mg)	Fat (g)	otFib (g)	SuGAR
Scrambled Eggs	1/2 cup	130	3	1	135	2	3	11	60	8		
Peppers and Onions	4 oz	33	0		13		7	1	0	0	1	0
Roasted Red Potatoe	4 oz	147	1	0	77	0	13	3	11	9	4	0
WG Beligan Waffle St	4 sticks	230	1		330		36	6	40	7	5	
Tropical Fruit Salad	6 oz	98	0		8	0	24	0	19	0	0	17
1% Milk	8 oz	95	1	1	100	3	11	8	283	2	0	0
Total		733	6	2	663	5	94	29	413	26	10	17
Monday, March 9	Quantity	Cals (kcal)	SatFat (g)	min B12 (mcg)	Sod (mg)	in D	Carb (g)	Prot (g)	cium (mg)	Fat (g)	otFib (g)	Sugar
Broccoli and Ham Cas	6 oz	249	7	1	181	1	7	20	170	16	2	0
Couscous	2 oz (dry)	213	0	0	6	0	44	7	14	0	3	0
Sweet Potatoes and	4 oz	139	2	0	8	0	28	1	34	3	1	11
Mandarin Oranges	6 oz	85	0		12	0	21	0	0	0	1	17
Yogurt	5.3 oz	71	0	1	75	1	13	5	100	0	0	3
Total		757	9	2	282	2	113	33	318	19	7	31

Tuesday, March 10	Quantity	Cals (kcal)	SatFat (g)	gmin B12 (r)	Sod (mg)	in D	Carb (g)	Prot (g)	cium (Fat (g)	otFib (Sugar
Barbecued Chicken	6 oz	171	1	0	231	0	8	27	11	3	0	2
WG Bun	2 oz	140	0	0	248	0	23	6	103	2	3	3
Spinach	4 oz	33	0	0	84	0	5	4	146	1	3	0
Chickpea Salad	6 oz	146	0	0	166	0	20	6	55	5	6	0
Fruit Cocktail	6 oz	77	0	0	7	0	20	1	14	0	2	
1% Milk	8 oz	95	1	1	100	3	11	8	283	2	0	0
Total		662	2	1	836	3	87	52	612	13	14	5
Wednesday, March 11	Quantity	Cals (kcal)	SatFat (g)	gmin B12 (r)	Sod (mg)	in D	Carb (g)	Prot (g)	cium (Fat (g)	otFib (sugar
Turkey a la King	6 oz	233	8	0	85	1	10	18	57	13	1	0
WG Biscuit	2 oz	190	6		310	0	24	4	160	9	2	2
Cauliflower	4 oz	22	0	0	20	0	4	2	19	0	3	0
Cucumber and Onion	6 oz	75	0	0	203	0	18	1	24	0	1	13
Fresh Apple	1 medium	95	0	0	2	0	25	0	11	0	4	0
1% Milk	8 oz	95	1	1	100	3	11	8	283	2	0	0
Total		710	15	1	720	4	92	33	554	24	11	15
Thursday, March 12	Quantity	Cals (kcal)	SatFat (g)	gmin B12 (r)	Sod (mg)	in D	Carb (g)	Prot (g)	cium (Fat (g)	otFib (sugar
Swedish Meatballs	3 oz	151	4	1	51	0	3	10	35	11	0	1
WG Egg Noodles	2.5 cups (cooked)	180	0		15		40	8	0	1	6	
Peas and Pearl Onion	4 oz	80	0		280		15	5	0	0	5	0
Grapes	1 cup	103	0	0	3	0	27	1	15	0	1	0
Pear Salad	6 oz	143	1	0	23	0	27	2	63	4	3	8
1% Milk	8 oz	95	1	1	100	3	11	8	283	2	0	0
Total		752	6	2	472	3	123	34	396	18	15	9
Friday, March 13	Quantity	Cals (kcal)	SatFat (g)	gmin B12 (r)	Sod (mg)	in D	Carb (g)	Prot (g)	cium (Fat (g)	otFib (sugar
Stuffed Shells	6 oz	219	4	0	403	0	26	10	179	9	2	0
Lima Beans	4 oz	119	0	0	33	0	22	8	32	0	5	0
Tossed Salad w/ Italian Dressing	6 oz w/ 1 packet	60	0	0	129	0	12	3	30	1	3	2
Mixed Berries	6 oz	97	0		0		21	1	24	1	5	0
WG Bread	1 slice	83	0		118	0	15	4	24	2	2	
1% Milk	8 oz	95	1	1	100	3	11	8	283	2	0	0
Total		673	5	1	783	3	107	34	572	15	17	2
Monday, March 16	Quantity	Cals (kcal)	SatFat (g)	gmin B12 (r)	Sod (mg)	in D	Carb (g)	Prot (g)	cium (Fat (g)	otFib (sugar
Turkey Meatloaf	6 oz	272	3	0	278	0	13	30	30	11	1	0
Corn	4 oz	109	0	0	1	0	24	4	3	2	3	0
Parsley Carrots	4 oz	60	1	0	75	0	9	1	41	3	4	0
Fruit Fluff	6 oz	105	1	0	29	0	24	1	5	1	2	0
WG Pumpkin Muffin	2 oz	134	2	0	214	0	24	2	2	4	1	0
Yogurt	5.3 oz	71	0	1	75	1	13	5	100	0	0	3
Total		751	7	1	672	1	107	43	181	21	11	3
Tuesday, March 17	Quantity	Cals (kcal)	SatFat (g)	gmin B12 (r)	Sod (mg)	in D	Carb (g)	Prot (g)	cium (Fat (g)	otFib (sugar
Irish Pork Stew	6 oz	121	1	0	342	0	9	16	17	2	3	0
Brown Rice	2 oz dry	202	0		0	0	46	4	6	2	3	0
Sweet and Sour Cabbage	4 oz	87	0		349			0	0	0	2	
Peaches	6 oz	69			8		18	1	3	0	1	
1% Milk	8 oz	95	1	1	100	3	11	8	283	2	0	0
Total		574	2	1	799	3	84	29	309	6	9	0

Wednes, March 18	Quantity	Cals (kcal)	SatFat (g)	gamin B12 (r)	Sod (mg)	ghin D	Carb (g)	Prot (g)	cium (Fat (g)	otFib (sugar
Baked Fish Kiev	4 oz	127	2	0	106	0	0	19	2	5	0	0
Italian Blend Vegetab	4 oz	40	0		47		8	1	27	0	3	0
Mashed Potatoes	1 serving	138	1	0	21	0	21	2	7	5	2	0
Carrot Celery Salad	6 oz	138	1	0	135	0	18	1	46	7	3	2
WG Biscuit	2 oz	190	6		310	0	24	4	160	9	2	2
1% Milk	8 oz	95	1	1	100	3	11	8	283	2	0	0
Total		728	11	1	719	3	82	35	525	28	10	4
Thursday, March 19	Quantity	Cals (kcal)	SatFat (g)	gamin B12 (r)	Sod (mg)	ghin D	Carb (g)	Prot (g)	cium (Fat (g)	otFib (sugar
Black Bean Sweet Po	6 oz	213	0	0	313	0	37	10	50	3	6	0
Winter Squash	4 oz	42	0	0	1	0	10	1	25	0	3	0
Mixed Berries	6 oz	97	0		0		21	1	24	1	5	0
WG Banana Muffin	2 oz	202	2	0	315	0	37	3	0	5	1	0
1% Milk	8 oz	95	1	1	100	3	11	8	283	2	0	0
Total		649	3	1	729	3	116	23	382	11	15	0
Friday, March 20	Quantity	Cals (kcal)	SatFat (g)	gamin B12 (r)	Sod (mg)	ghin D	Carb (g)	Prot (g)	cium (Fat (g)	otFib (sugar
Chicken Corn Casser	6 oz	212	4	0	86	0	18	16	72	8	2	0
Broccoli	4 oz	32	0	0	12	0	6	4	37	0	3	0
Peach Apple Salad	6 oz	160	2	0	87	0	17	1	23	11	3	0
Low sodium V8	8 oz	48	0		132		9	2	18	0	2	
Whole grain blueber	2 oz	199	2	0	315	0	36	2	1	6	1	0
1% Milk	8 oz	95	1	1	100	3	11	8	283	2	0	0
Total		746	9	1	732	3	97	33	434	27	11	0
Monday, March 23	Quantity	Cals (kcal)	SatFat (g)	gamin B12 (r)	Sod (mg)	ghin D	Carb (g)	Prot (g)	cium (Fat (g)	otFib (sugar
Cabbage Rolls	8 oz	287	6	2	113	0	13	22	57	16	3	0
Harvard beets	6 oz	149	2	0	460	0	22	1	21	7	2	11
Warm apple slices	6 oz	117	0	0	5	0	30	0	10	0	2	13
WG bread	1 slice	83	0		118	0	15	4	24	2	2	2
Yogurt	5.3 oz	71	0	1	75	1	13	5	100	0	0	3
Total		707	8	3	771	1	93	32	212	25	9	29
Tuesday, March 24	Quantity	Cals (kcal)	SatFat (g)	gamin B12 (r)	Sod (mg)	ghin D	Carb (g)	Prot (g)	cium (Fat (g)	otFib (sugar
WG Mac and Cheese	6 oz	313	11	0	323	0	24	16	380	18	3	0
Collard Greens	4 oz	42	0		45		4	3	104	1	3	0
Applesauce	6 oz	135	0		15	0	35	0	8	0	2	14
Tossed Salad	5 oz + 1 packe	60	0	0	129	0	12	3	30	1	3	2
WG dinner roll	1 oz	80	0		170		15	3	0	1	1	
1% Milk	8 oz	95	1	1	100	3	11	8	283	2	0	0
Total		725	12	1	782	3	101	33	805	23	12	16
Wed, March 25	Quantity	Cals (kcal)	SatFat (g)	gamin B12 (r)	Sod (mg)	ghin D	Carb (g)	Prot (g)	cium (Fat (g)	otFib (sugar
Sloppy Joe	4 oz	169	4	1	74	0	9	10	22	11	1	1
WG Bun	2 oz	140	0	0	248	0	23	6	103	2	3	3
Roasted Root Vegeta	4 oz	105	1	0	128	0	16	2	53	4	5	0
Zucchini and Tomato	4 oz	28	0		230	0	6	1	14	0	1	2
Ambrosia Salad	6 oz	128	3	0	30	0	27	1	5	3	2	
1% Milk	8 oz	95	1	1	100	3	11	8	283	2	0	0
Total		665	9	2	810	3	92	28	480	22	12	6

Thursday, March 26	Quantity	Cals (kcal)	SatFat (g)	gamin B12 (mcg)	Sod (mg)	Chin D	Carb (g)	Prot (g)	Calcium (mg)	Fat (g)	potFib (g)	sugar
Salisbury Steak	3 oz	216	6	0	409	0	9	12	54	15	2	0
Brussel Sprouts	4 oz	48	0	0	17	0	9	4	29	0	5	0
Couscous	2 oz dry	213	0	0	6	0	44	7	14	0	3	0
Tomato Basil Salad	6 oz	68	0	0	126	0	14	1	29	0	3	7
Mandarin Oranges	6 oz	85	0		12	0	21	0	0	0	1	17
1% Milk	8 oz	95	1	1	100	3	11	8	283	2	0	0
Total		725	7	1	670	3	108	32	409	17	14	24
Friday, March 27	Quantity	Cals (kcal)	SatFat (g)	gamin B12 (mcg)	Sod (mg)	Chin D	Carb (g)	Prot (g)	Calcium (mg)	Fat (g)	potFib (g)	sugar
Herbed Pork Loin	4 oz	175	4	0	313	0	0	20	4	11	0	0
WG Farro	2 oz dry	204	0		0	0	48	6	11	2	6	0
Italian Green Beans	4 oz	40	0		0		8	1	53	0	3	0
7 layer salad	6 oz	141	2	0	313	0	10	7	57	9	1	1
Peaches w/ raspberries	4 oz + 2 oz	97	0		8	0	29	2	15	0	5	0
1% Milk	8 oz	95	1	1	100	3	11	8	283	2	0	0
Total		752	7	1	734	3	106	44	423	24	15	1
Monday, March 30	Quantity	Cals (kcal)	SatFat (g)	gamin B12 (mcg)	Sod (mg)	Chin D	Carb (g)	Prot (g)	Calcium (mg)	Fat (g)	potFib (g)	sugar
Chicken Alfredo	pasta + 3 oz ch	428	2	0	451	0	50	34	52	10	7	1
California Blend Veg	4 oz	33	0		33		7	1	27	0	3	0
Pineapple Tidbits	6 oz	105	0		0	0	32	0	15	0	2	16
Low sodium V8	8 oz	48	0		132		9	2	18	0	2	
Yogurt	5.3 oz	71	0	1	75	1	13	5	100	0	0	3
Total		685	2	1	691	1	111	42	212	10	14	20
Tuesday, March 31	Quantity	Cals (kcal)	SatFat (g)	gamin B12 (mcg)	Sod (mg)	Chin D	Carb (g)	Prot (g)	Calcium (mg)	Fat (g)	potFib (g)	sugar
Parmesan Crusted Fish	4 oz	136	2	1	61	1	6	17	39	5	0	0
Mashed Potatoes	1 serving	138	1	0	21	0	21	2	7	5	2	0
Vegetable Blend	4 oz	33	0		33		7	1	27	0	3	0
WG Biscuit	2 oz	190	6		310	0	24	4	160	9	2	2
Fresh Orange	1 medium	62	0	0	0	0	15	1	52	0	3	0
1% Milk	8 oz	95	1	1	100	3	11	8	283	2	0	0
Total		654	10	2	525	4	84	33	568	21	10	2
Yams - 4 oz		115	28	16	1	0	44	2				
Collard Greens 4 oz.		42	4	2	3	1	45	3				
Peaches - 6 oz		75	20	17	1	0	7	2				
1% Milk		95	11	11	8	2	107	0				
Yogurt		71	13	8	5	0	75	0				
Totals		398	730	64	20	528	5	362	40			