

# MARCH 2026 MENU

**Marceline Area Nutrition Program & Center 229 W. Hauser, Marceline, MO**

**The Center is open from 8am to 2pm, Monday through Friday, for coffee, conversation, cards and pool  
If you will not be home to receive your delivery meal, please call by 9:30am that day 660-376-3103**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	INFO & ACTIVITIES
week 2	<b>2</b> sausage with gravy whole wheat biscuit hash-brown potatoes spinach mandarin oranges	<b>3</b> beef & bean chili or beef & veg soup whole wheat bread mixed vegetables peaches	<b>4</b> meatloaf whole wheat roll au gratin potatoes carrots applesauce	<b>5</b> beef taco casserole whole wheat bread peppers & onions stewed tomatoes pears	<b>6</b> burger w/ cheese on whole wheat bun potato wedges buttered cabbage apricots	During Lenten season, you may request a fish fillet as your protein on Fridays. For home-delivered meals, please call Tracy by 9:30am on Fridays.
week 3	<b>9</b> ham & navy beans cornbread grilled onions cole slaw peaches	<b>10</b> pork roast whole wheat bread scalloped potatoes mixed vegetables apricots	<b>11</b> BBQ ribs whole wheat bread baked potato broccoli applesauce	<b>12</b> beef & tomato sauce over spaghetti French bread lettuce salad with onions & peppers sliced tomatoes mixed fruit	<b>13</b> grilled chicken filet whole wheat roll mashed potatoes and gravy green beans pears	<b>REMEMBER TO SPRING FORWARD ONE HOUR SUNDAY MARCH 8</b>
week 4	<b>16</b> beef with noodles whole wheat bread broccoli spinach applesauce	<b>17</b> turkey pot pie whole wheat biscuit mixed vegetables stewed tomatoes mixed fruit	<b>18</b> pork tenderloin on whole wheat bun tator tots corn pineapple	<b>19</b> roast beef whole wheat roll mashed potatoes and gravy green beans pears	<b>20</b> supreme pizza with meat and vegetables lettuce salad with onions & peppers tomatoes peaches	<b>Lunch is served in the dining room 11:15-12:15 Monday – Friday All meals include an 8-ounce serving of low-fat milk.</b>
week 1	<b>23</b> baked ham whole wheat roll sweet potatoes mixed vegetables peaches	<b>24</b> baked chicken whole wheat roll mashed potatoes & gravy corn baked apples	<b>25</b> baked pork cutlet whole wheat bread baked potato broccoli mixed fruit	<b>26</b> beef stew cornbread lettuce salad with onions & peppers green beans pears	<b>27</b> tuna casserole whole wheat bread carrots peas apricots	We are required by the 2025 federal amendment to the Older Americans Act to post our actual cost per meal of \$8 Please contribute what you can, when you can, <b>ONLY IF YOU CAN.</b>
	<b>30</b> sausage with gravy whole wheat biscuit hash-brown potatoes spinach mandarin oranges	<b>31</b> beef & bean chili or beef & veg soup whole wheat bread mixed vegetables peaches	<b>1 April menus will</b>	<b>2 be distributed in late March</b>	<b>3 CLOSED Friday, April 3 in observance of GOOD FRIDAY</b>	<b>Contributions are confidential, so cash is preferred. If you need to write a check, please make payable to: Marceline Nutrition</b>