



# MARCH | 2026

812-948-8330

**LifeSpan Resources** (all meals include ½ pint milk)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Chicken Breast Parmesan Spinach Pasta Alfredo Tropical Fruit Milk	<b>3</b> Cheeseburger Whole Grain Bun Roasted Potato Wedges Green Beans Applesauce/Milk	<b>4</b> Chicken Bacon Macaroni & Cheese Broccoli Florets Whole Grain Bread Pineapple Milk	<b>5</b> BBQ Pulled Pork Whole Grain Bun Seasoned Black Beans Brussels Sprouts Tropical Fruit Chocolate Milk	<b>6</b> Hearty Beef Stew Apple Crumble Whole Grain Bread Margarine Milk
<b>9</b> Spaghetti & Meat Sauce Broccoli Florets Whole Grain Breadstick Margarine Grape Juice Milk	<b>10</b> Pan Fried Chicken Mashed Potato Southern Green Beans Bread / Margarine Oatmeal Cookie Milk	<b>11</b> Sweet & Sour Pork Steamed Rice Asian Fried Vegetables Strawberry Applesauce Milk	<b>12</b> Chicken Marsala Mashed Potatoes Peas & Onions Bread / Margarine Mandarin Oranges Chocolate Milk	<b>13</b> Shepherd's Pie Balsamic Brussels Bread / Margarine Pineapple Milk
<b>16</b> Beef Ravioli Roasted Broccoli Italian White Beans Whole Grain Bread Tropical Fruit Milk	<b>17</b> Pot Roast Mashed Potatoes Green Beans Bread / Margarine Oatmeal Cookie Mandarin Oranges/Milk	<b>18</b> BBQ Chicken Breast Baked Pork & Beans Cabbage & Apple Slaw Peaches Whole Grain Bun Milk	<b>19</b> Bourbon BBQ Meatloaf Mashed Potatoes Broccoli & Cheese Oatmeal Cookie Strawberry Applesauce Chocolate Milk	<b>20</b> Hearty Chili with Beans Twice Baked Potato Oyster Crackers Grape Juice Milk
<b>23</b> Chicken Burrito Bowl Seasoned Black Beans Fajita Vegetables Tortilla Tropical Fruit Milk	<b>24</b> Chicken Pot Pie Winter Blend Vegetables Peaches Lemon Snack Bar Milk	<b>25</b> Pulled Pork Burrito Bowl Tortilla Mandarin Oranges Milk	<b>26</b> Beefy Macaroni Casserole Roasted Zucchini Whole Grain Bread Peaches Chocolate Milk	<b>27</b> Cheeseburger Roasted Potato Wedges Green Beans Applesauce Milk
<b>30</b> Lasagna Parmesan Broccoli Garlic Herb Breadstick Oatmeal Cookie Tropical Fruit Milk	<b>31</b> Beef Burrito Salsa Verde Black Beans & Rice California Vegetables Peaches Milk	<b>1</b> Spaghetti & Meatballs Italian Green Beans Whole Grain Bread Tropical Fruit Salad Milk	<b>2</b> Supreme Pizza Bowl Applesauce Whole Grain Bread Margarine Chocolate Milk	<b>3</b> Grilled Chicken Breast Whole Grain Bun Roasted Potato Wedges Cinnamon Apples Mayonnaise/Milk



## Congregate Meal Site

Mon -Fri  
Open to the Public  
Age 60+/Disabled  
\$3.00 Suggested  
Donation  
Order in Advance  
Reservations  
Required w/ Week  
Notice  
Hot Plate Lunch  
All Meals Meet 1/3  
of the USDA  
established by the  
Dietary Guidelines  
for Older Americans  
*Meals are planned to  
ensure low salt, low  
sugar & low fat*