

# BUCHANAN'S CAFÉ



Items in red are healthier choices

## MONDAY March 10

- Sliced Turkey
- Baked Potato Bar w/ BBQ Pork
- Wings & Things
- Tomato Florentine Soup
- Green Beans
- **Bermuda Blend**
- Dressing
- Sweet Potato Casserole
- Bread Pudding

## TUESDAY March 11

- Spaghetti w/ Meatsauce
- Smokehouse Maple Salmon
- Burrito Bowl
- Gumbo
- Green Beans
- Fried Cheese Sticks
- Corn
- Roasted Red Potatoes
- Peach Cobbler

## WEDNESDAY March 12

- Fried Chicken
- Rotisserie Chicken
- Steak Nachos
- Chili
- Macaroni & Cheese
- Pinto Beans
- Fried Cabbage
- Green Beans
- Mashed Potatoes
- Apple Cobbler

## THURSDAY March 13

- Chicken Pot Pie
- Kielbasa & Kraut
- Chicken Chimichanga
- Potato Soup
- Green Beans
- Mashed Potatoes
- Corn Nuggets
- **Bermuda Blend**
- Cherry Cobbler

## FRIDAY March 14

- Grilled Grouper
- Beef Brisket
- Grilled Chicken Caesar Salad
- Vegetable Soup
- Green Beans
- Fried Mushrooms
- Glazed Baby Carrots
- Wild Rice
- Blackberry Cobbler

## SATURDAY March 15

- Fried Chicken Sandwich Combo

## SUNDAY March 16

- Sliced Turkey & Gravy
- Sweet Potato Casserole
- Green Beans
- Cut Corn
- Dressing
- Cobbler

**BREAKFAST: 6:30 – 10 a.m.**

**LUNCH: 11 a.m. – 2 p.m.**

**CLOSED: 2 – 3 p.m.**

**GRILL ONLY: 3 – 4 p.m.**

**DINNER: 4 – 7:30 p.m.**

Items are subject to change.

### Served Every Day:

Items in red are healthier choices.

Breakfast	<b>Veggie Burgers</b>
Hamburgers	Soup of the Day
Cheeseburgers	Assorted Desserts
<b>Hot Ham &amp; Cheese</b>	Cobbler of the Day
<b>Hot Turkey Sandwich</b>	French Fries
Fish Sandwich	Onion Rings
Pimento Cheese Sandwich	Chicken Fingers
Bologna Sandwich	<b>Yogurt Shooters</b>
<b>Grilled Chicken</b>	<b>Baked Potato</b>
	<b>Baked Sweet Potato</b>



## March is National Nutrition Month!

March is National Nutrition Month and with the weather starting to warm up, we all will be on the go more! Take good nutrition with you in the form of a healthy snack! Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the My Plate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, a tablespoon of peanut butter with an apple or banana, or a low-fat Greek yogurt which contains both carbs for energy and protein that will sustain you until you can get that next meal!

