

BUCHANAN'S CAFÉ



Items in red are healthier choices

MONDAY March 24

- **Crunchy Baked Tilapia w/ Lemon Butter**
- Beef Stir Fry with White Rice
- Grilled Chicken Bacon Wrap w/ Homemade Ranch
- Green Beans
- **Bermuda Blend**
- Roasted Red Potatoes
- Egg Roll
- Broccoli Cheese Soup
- Peach Cobbler

TUESDAY March 25

- Fried Pork Chops
- Stuffed Chicken Breast
- Beef Taco Salad in Shell
- AuGratin Potatoes
- Green Beans
- **Sicilian Blend**
- Escaloped Apples
- Smoked Pepper Gouda
- Cherry Cobbler

WEDNESDAY March 26

- **Southwest Pork Loin with Rice**
- Country Fried Steak w/ Gravy
- Chick Fil A Combo
- Green Beans
- Turnip Greens
- Mashed Potatoes
- Southwest Egg Rolls
- Tomato Florentine
- Pecan Cobbler

THURSDAY March 27

- Carved Prime Rib
- Carved Pit Ham
- **Grilled Chicken Caesar Wrap Combo**
- Yukon Gold Mashed Potatoes
- Roasted Whole Carrots
- Cut Corn
- **Fresh Asparagus**
- Potato Soup
- Apple Cobbler

FRIDAY March 28

- Chicken Parmesan
- Tuscan Salmon
- Patty Melt w/ Onion Rings
- Mashed Potatoes
- Green Beans
- **Malibu Blend**
- Fried Cheese Sticks
- Chicken Tortilla Soup
- Blackberry Cobbler

SATURDAY March 29

- Taco Salad

SUNDAY March 30

- Sliced Ham
- Green Beans
- Sweet Potato Casserole
- Macaroni & Cheese

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:

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



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!

