

NHCA Lunch Menu

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
02	03	04	05	06
Chicken Nuggets WG Roll Mashed Potatoes Sweet Peas Assorted Fruit Low-fat Milk Options	Beef Taco WG Tortilla Chips Romaine & Tomato Cup Assorted Fruit Low-fat Milk Options	WG Meatball Sub Sandwich Green Beans Kernel Corn Assorted Fruit Low-fat Milk Options	Chicken Salad WG Crackers WG Chips Side Salad w/Tomato Veggie Cup Assorted Fruit Low-fat Milk Options	Hamburgers WG Bun BBQ Beans Creamy Coleslaw Assorted Fruit Low-fat Milk Options
16	17	18	19	20
BBQ Pork WG Bun BBQ Beans Creamy Coleslaw Assorted Fruit Low-fat Milk Options	WG Meatball Sub Sandwich Green Beans Kernel Corn Assorted Fruit Low-fat Milk Options	WG Fish Shapes WG Roll Fries Creamy Coleslaw Assorted Fruit Low-fat Milk	Southwest Baked Potato Fajita Chicken w/Cheese Baked Potato Steamed Broccoli WG Snack Crackers Assorted Fruit Low-fat Milk Options	Chicken Salad WG Crackers WG Chips Side Salad w/tomato Veggie Cup Assorted Fruit Low-fat Milk Option

23	24	25	26	27
Popcorn Chicken WG Roll BBQ Beans Cheesy Mixed Vegetable Assorted Fruit Low-fat Milk Options	Chef Salad Diced Ham and Boiled Eggs Fresh Tomatoes Croutons WG Crackers Assorted Fruit Low-fat Milk Options	Country Fried Steak Cornbread Muffin Turnip Greens Baked Sweet Potato Assorted Fruit Low-fat Milk Options	Beef Taco WG Tortilla Chips Romaine & Tomato Cup Assorted Fruit Low-fat Milk Options	WG Corndog Fries Assorted Fruit Low-fat Milk Options
30	31			
Meatballs in Marinara WG Cheese Stick Green Beans Kernel Corn Assorted Fruit Low-fat Milk Options	Southwest Baked Potato Fajita Chicken w/Cheese Baked Potato Steamed Broccoli WG Snack Crackers Assorted Fruit Low-fat Milk Options			

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.