


March 2023

# 4th Street Diner

Linda Lough- (319) 472-4761

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To sign up for an early copy of the menu please send an email to llough@hacap.org and write "Menu Request" in the Subject Line.		Cell Phone Text Alerts Available for Weather Related Closings. Sign up with Linda or Tanja	1 Stuffed Chicken Breast Party Potatoes Carrots Mixed Fruit Red Fluff Bread/Milk	2 Salisbury Steak Mashed Potatoes/Gravy Green Beans Pears Pumpkin Bars Bread/Milk	3 Tuna Noodle Casserole Beets Peaches Pie Bread/Milk
5 Roast Turkey Mashed Potatoes/Gravy Carrots Mixed Fruit Cake Bread/Milk	6 Shepherd's Pie Corn Fresh Fruit Cookie Bread/Milk	7 Chicken Broccoli Rice Casserole Green Beans Peaches Vanilla Pudding Bread/Milk  <i>Blood Pressure Clinic 11-12</i>	8 Meatloaf Mashed Potatoes/Gravy Peas Pears Bread Pudding Bread/Milk	9 Polish Sausage Bun Macaroni & Cheese Sauerkraut Dessert Bar 100% Fruit Juice Milk	10 Crispy Fish Filet Bun Tri-Tator Pea Salad Fresh Fruit Lemon Fluff Milk
12 Baked Ham Baked Potato Half Green Beans Pineapple Cake Bread/Milk	13 Savory Chicken Breast Parslied Potatoes Broccoli Peaches Cookie Bread/Milk	14 BBQ Riblette Bun Baked Beans Creamy Pasta Salad Fresh Fruit Fruit Crisp Milk	15 Beef Stew Cornbread Brussel Sprouts Apricots Rice Pudding Milk	16 Glazed Ham Balls Sweet Potatoes Cauliflower Applesauce Lime Delight Bread/Milk	17 Lemon Pepper Tilapia Seasoned Rice Stewed Tomatoes Emerald Pears Dessert Bar Bread/Milk
19 Chicken Strips Mashed Potatoes/Gravy Corn Mandarin Oranges Cake Bread/Milk	20 Bacon Cheeseburger French Fry Casserole Carrots Mixed Fruit Butterscotch Pudding Bread/Milk	21 Chicken A La King Biscuit Beets Peaches Cookie Milk  <i>Blood Pressure Clinic 11-12</i>	22 Mushroom Pork Chop Mashed Potatoes/Gravy Peas Pears Fruited Jello Bread/Milk	23 Maidrite Bun Tri-Tator Broccoli Applesauce Dessert Bar Milk	24 Crispy Pollack Oven Brownd Potatoes Green Beans Fresh Fruit Cookie Bread/Milk
26 Roast Pork Mashed Potatoes/Gravy Spinach Pears Cake Bread/Milk	27 Swedish Meatballs Parslied Potatoes Peas Peaches Dessert Bar Bread/Milk	28 Ham & Beans Cornbread Carrots Pineapple Chocolate Pudding Milk	29 Lasagna Garlic bread Coleslaw Fresh Fruit Cookie Milk	30 Crispy Chicken Patty Bun Oven Brownd Potatoes Green Beans Applesauce Cookie Milk	31 Scalloped Tuna Creamed Peas Mixed Fruit Lemon Fluff Bread/Milk

\*\*\* All menu items are subject to change if it reduces food costs. \*\*\*