

February 2020

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Hot Dog on Bun w/ Chili Sauce Baked Beans Corn w/ Diced Tomato Applesauce	4 Chicken Teriyaki Brown Rice Stir Fry Vegetables Carrots Wh. Grain Bread Grape Juice	5 Assorted Salad Plate French Dressing Baby Carrots Fresh Fruit Wh. Grain Bread	6 Fish Fillet Cheesy Mashed Potatoes Mixed Vegetables Wh. Grain Bread Apple Juice	7 Macaroni & Beef Spinach California Blend Vegetables Wh. Grain Bread Strawberry Applesauce
10 Baked Chicken Yellow Rice w/ Tomatoes & Chives Green Beans Wh. Grain Bread Orange-Pineapple Juice	11 Meatballs and Penne Pasta in Marinara Broccoli Italian Vegetables Wh. Gain Bread Pineapple Cup Juice	12 Krab Salad Creamy Broccoli Salad Tossed Salad Wh. Grain Bread Fresh Fruit	13 NY Strip Patty w/ Picadillo Sauce Green Peas Diced Sweet Potatoes Wh. Grain Bread Orange-Pineapple Juice	14 Chicken Parmesan Rosemary Potatoes Cheesy Spinach Wh. Grain Bread Grape Juice
17 Centers Closed 	18 Oven Baked Chicken Brown Rice Black Eyed Peas Spinach Grape Juice Wh. Grain Bread	19 Hot Dog on Bun w/ Chili Sauce Baked Beans Corn w/ Diced Tomato Applesauce	20 Battered Dipped Fish Garlic Mashed Potatoes Carrots Wh. Grain Bread Orange Juice	21 Chef Salad Ranch Dressing Wh. Grain Bread Fresh Fruit Blended Juice
24 Chicken Breast Patty over Rice Black Beans & Tomatoes Mixed Vegetables Wh. Grain Bread Grape Juice	25 Hamburger Au Jus Potato Wedges Carrots Blended Fruit Juice	26 Chicken Garden Casserole Summer Blend Vegetables Mandarin Oranges Wh. Grain Bread	27 Rib Beef Patty Stewed Tomatoes w/ Cilantro Garden Peas Orange Pineapple Juice Wh. Grain Bread	28 Sliced Turkey Cornbread Dressing Butternut Squash Flat Beans Dinner Roll Graham Crackers
February is American Heart Month				Low Fat Milk Available With Each Meal

Menu Approved by: Registered Dietitian Dana Gardner and may be subject to change.

Dana Gardner 1/10/2020