




FEBRUARY 2018



Monday	Tuesday	Wednesday	Thursday	Friday
5 Turkey Goulash With Pasta Brussels Sprouts Summer Squash Sliced Pears Milk	6 Garbanzo And Beef Casserole (Rice) Broccoli Romaine Salad Apricots Milk	7 Cheese Enchilada With Chickpeas In Red Sauce Succotash Homemade Cole Slaw Baked Apple Slices Milk	8 Meat And Cheese Lasagna (Pasta) Calif Blend Vegetables Italian Blend Vegetables Banana Milk	9 Honey Mustard Chicken Salad W/ Romaine & Crackers Pea Salad Homemade Carrot Salad Orange Milk
12 Sweet And Sour Meatballs Brown Rice Oriental Blend Vegetables Pickled Beets Mandarins And Pineapple Milk	13 Chicken Sandwich With Fixings Whole Wheat Bun Cauliflower Homemade Carrot Salad Fruit Cocktail Milk	14 Breaded Haddock Barley Pilaf Homemade Cole Slaw Parslied Carrots Sliced Peaches Milk	15 Beef Patty With Mushroom Gravy Slice Of Wheat Bread Mashed Potatoes Mixed Vegetables Applesauce Milk	16 Cheese Ravioli In Veg White Sauce (Pasta) Winter Blend Vegetables Romaine Salad Pear Crisp Milk
19 Pork Rib Patty, BBQ Sauce Oatmeal Cookie Baked Potato Green Beans Orange Milk	20 Spaghetti With Meat Sauce Whole Wheat Spaghetti Cooked Seasoned Spinach Romaine Salad Banana Milk	21 Cheese Enchilada W/ Chicken In White Sauce (Tortilla) Black Beans Broccoli Apricot Halve, Birthday Muffin Milk	22 Lemon Pepper Chicken Leg Graham Crackers Sweet Potatoes Brussel Sprouts Fresh Apple Milk	23 Black Eyed Pea Salad, Hard Boiled Egg/ Crackers Homemade Cole Slaw Pickled Beets Fruit Cocktail Milk
26 Omelet With Cheese Bran Muffin Stewed Tomatoes Cubed Roasted Potatoes Mandarins And Pineapple Milk	27 Chicken Stew Oatmeal Cookies Brussel Sprouts Homemade Cole Slaw Sliced Peaches Milk	28 Chili Beans With Meat Crackers Zucchini Romaine Salad Orange Milk	1 Swedish Meatballs Whole Wheat Pasta Broccoli Carrot Salad Sliced Pears Milk	2 Tuna Noodle Casserole (Pasta) Winter Blend Vegetables Hot Harvard Beets Strawberry Applesauce Milk

Please make your meal reservations or cancellations two working days ahead.

NOTE: U.S. Dietary Guidelines recommend that we consume fewer than 2300 mg of sodium a day. Meals on this menu marked with  contain over 1000 mg of sodium. We are still researching the sodium content of our recipes and attempting to reduce the sodium content of the meals. Try to balance your sodium intake throughout the rest of the day.