




# FEBRUARY 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> Fish Sandwich w/ Tartar Sauce Whole Wheat Bun Mixed Vegetables Baked Potato Wedges Mandarin & Pineapple Milk	<b>5</b> Turkey Tetrazzini Broccoli Green Salad Apricots Milk	<b>6</b> Pork Rib Patty Oatmeal Cookie Sweet Potatoes Cooked Seasoned Cabbage Sliced Peaches Milk	<b>7</b> Meat & Cheese Lasagna Cauliflower Summer Squash Apple Milk	<b>8</b> Oriental Chicken Salad Pea Salad Homemade Carrot Salad Sliced Pears Milk
<b>11</b> Sweet & Sour Meatballs Brown Rice Green Beans Homemade Cole Slaw Orange Milk	<b>12</b> Cheese Enchilada/ Chicken In White Sauce Brussel's Sprouts Homemade Carrot Salad Banana Milk	<b>13</b> Italian Noodle Casserole Cooked Seasoned Spinach Italian Blend Vegetables Pineapple Tidbits Milk	<b>14</b> Baked Chicken Leg w/ Bbq Sauce Slice Of Whole Wheat Bread Winter Mix Vegetables Parslied Potatoes & Carrots Fruit Cocktail Milk	<b>15</b> Beef Patty With Gravy Graham Crackers Mashed Potatoes Succotash Applesauce Milk
<b>18</b> Chicken A La King Whole Wheat Pasta Zucchini Pickled Beets Mandarin & Pineapple Milk	<b>19</b> Jambalaya Rice Broccoli Green Salad Apricots Milk	<b>20</b> Omelet With Cheese Birthday Muffin Baked Potatoes Stewed Tomatoes Orange Milk	<b>21</b> Spaghetti With Meat Sauce Cauliflower Parslied Carrots Sliced Peaches Milk	<b>22</b> Tuna Macaroni Salad Homemade Cole Slaw Pea Salad Sliced Pears Milk
<b>25</b> Hungarian Goulash Calif Blend Vegetables Summer Squash Fruit Cocktail Milk	<b>26</b> Chicken Sandwich w/ Fixins Whole Wheat Bun Corn Niblets Homemade Cole Slaw Fresh Apple Milk	<b>27</b> Cheese Ravioli w/ Meat & Marinara Cooked Seasoned Spinach Green Beans Banana Milk	<b>28</b> Meatballs In Gravy Brown Rice Lima Beans Homemade Carrot Salad Orange Milk	<b>1</b> Cheese Enchilada/ Chicken In Red Sauce Mixed Vegetables Brussel Sprouts Pineapple Tidbits 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.