February

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| *menu subject to change |  |  | Tuna Salad Sandwich w/lettuce \& tomato 1/2c Potato Salad 2 White Bread Fresh Orange | Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Corn 1 White Bread 1 Cookie |
|  $\mathbf{5}$ <br> Pot Roast w/ Gravy  <br> 1/2c Parsley Potatoes  <br> 1/2c Coin Carrots  <br> 1 Italian Bread  <br> 1/2c Peach Crisp  | Chicken Parmesan w/ 1oz Shredded Cheese 1/2c Rotini w/ Sauce 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit | Chicken Taco <br> w/ Lettuce \& Tomato <br> $1 / 2 c$. Seasoned Corn \& Blackbeans 1/2c. Spanish Rice Soft Tortilla Shell 1/2c Pineapple | Picnic Lunch 8 <br> Italian Sandwich  <br> Lettuce \& Tomato  <br> Coleslaw  <br> Pasta Salad  <br> Fresh Fruit  <br> Milk  | Vegetable Lasagna w/ Sauce <br> 1c Tossed Salad <br> 1/2c Peas <br> 1 Italian Bread Cookie |
| Sloppy Joe <br> 1/2c Ranch Roasted Potatoes 1/2c Island Blend Vegetables <br> 1 Hamburger Bun Seasonal Fresh Fruit | Chicken Marsala w/ <br> 2 oz Mushroom Sauce 1/2c. Blended Rice <br> 1/2c Carrots <br> 1 Breadstick <br> 1/2c Applesauce | Ash Wednesday/Valentines Day 14 Crab Cake <br> 1/2c Parmesan Garlic Noodles 1/2c Peas 1 Wheat Bread Seasonal Fresh Fruit | Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Cream of Cauliflower Soup 1 Wheat Bread 1/2c Fruited Gelatin |  16 <br> Baked Pollock  <br> 1/2c Macaroni \& Cheese  <br> 1/2c Spinach  <br> 1 Wheat Bread  <br> 1/2c Mandarin Oranges  |
|  |  $\mathbf{2 0}$ <br> Cabbage Casserole  <br> w/ 2oz Sauce  <br> 1c Tossed Salad  <br> 1/2c Carrots  <br> 1 White Bread  <br> Seasonal Fresh Fruit  |  $\mathbf{2 1}$ <br> Balsamic Glazed Chicken w/  <br> Tomatoes \& Mozzarella Cheese  <br> 1/2c Penne Pasta  <br> 1/2c Mixed Vegetables  <br> 1 Dinner Roll  <br> 1/2c Fruited Gelatin  | Picnic Lunch <br> Chicken Salad w Lettuce \& Tomato on a Wheat Bread <br> Macaroni Salad <br> Pickled Beets <br> Fresh Fruit <br> Cookie <br> Milk | Egg Salad Sandwich w/ Lettuce \& Tomato 1/2c Potato Salad 1/2c Beets <br> 2 Wheat Bread <br> 1/2c Sliced Peaches |
| Swedish Meatballs (4) <br> 1/2c. Rice <br> 1/2c Peas <br> 1 Wheat Bread <br> 1/2c Apple Crisp | Mango BBQ Chicken Breast <br> 1/2c. Brown Rice <br> 1/2c. Carrots <br> Wheat Bread <br> Fresh Orange | Lemon Dijon Pork Loin 1/2c Buttered Pasta 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Pineapple Tidbits | Cheese Omelet <br> w/ Ham, Peppers, Onions 1 Sausage Patty <br> 1/2c Breakfast Potatoes <br> 1 English Muffin w/ Jelly 4oz Apple Juice | The Nutrition Group |

