

FEBRUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Nutrition Facts</p> <p>Average per Meal %Daily Value</p> <p>Calories 630</p> <p>Total Fat 19 g 29%</p> <p>Cholesterol 40 mg 14%</p> <p>Sodium 910 mg 38%</p> <p>Total Carbohydrate 86 g 29%</p> <p>Dietary Fiber 7 g 26%</p> <p>Protein 26 g</p> <p><small>*Daily values are based on a 2,000 calorie diet.*</small></p>			<p>1 Roast Turkey with Gravy Stuffing Hubbard Squash Whole Wheat Bread Cranberry Apple Fruit Cup</p>	<p>2 Macaroni and Cheese Stewed Tomatoes Whole Wheat Bread Banana</p>
<p>5 BBQ Chicken Breast Cowboy Baked Beans Mixed Vegetables Whole Wheat Bread Fruit Cocktail</p>	<p>6 Kielbasa Scalloped Potatoes Cabbage & Carrots Rye Bread Cookie*</p>	<p>7 Chicken Riggies Italian Green Beans Tossed Salad w/Dressing Italian Bread Sherbet*</p>	<p>8 Shepherd's Pie Harvard Beets Fruit Juice Dinner Roll Vanilla Pudding w/Fruit</p>	<p>9 Sliced Ham w/Orange Sauce Sweet Potatoes Sliced Yellow & Green Squash Rye Bread Birthday Cake*</p>
<p>12 Chili Peas Corn Muffin Fruit Juice Cinnamon Pears</p>	<p>13 Cranberry Glazed Chicken Breast over Rice Broccoli Whole Wheat Bread Apple Crisp</p>	<p>14 <u>Valentine's Day</u> Seafood Chowder Warm Cinnamon Peaches Cottage Cheese 2 pkgs of Crackers Cherry Cake w/ Ffrosting*</p>	<p>15 Roast Pork w/Gravy Mashed Potatoes Green Beans with Red Peppers Dinner Roll Rice Pudding w/Raisins & Top- ping*</p>	<p>16 Spaghetti & Meatballs Cauliflower Tossed Salad Italian Bread Lemon Mousse*</p>
<p>19 Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Rye Bread Cookie*</p>	<p>20 Rib B Que Parsley Boiled Potatoes Whole Kernel Corn Rye Bread Fresh Fruit</p>	<p>21 Oven Brown Chicken Sweet Potatoes Cauliflower Whole Wheat Bread Mandarin Orange Fruit Cup</p>	<p>22 Italian Sausage with Peppers and Onions Oven Brown Potatoes Zucchini & Tomatoes Italian Bread Ice Cream*</p>	<p>23 Fish on a Bun w/Cheese Tater Tots Peas Coleslaw Hamburger Bun Pineapple Tidbits</p>
<p>26 Salisbury Steak w/Gravy Mashed Potatoes Red Cabbage Whole Wheat Bread Asst. Pudding w/Topping*</p>	<p>27 Chicken ala King Sliced Carrots Fruit Juice Biscuit Peaches & Strawberries</p>	<p>28 Lemon Pepper Fish Broccoli/Rice Au Gratin Coleslaw Whole Wheat Bread Apple Crisp</p>		