

FEBRUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Nutrition Facts</u> <u>Average Per Meal</u> <u>% Daily Value*</u> Calories 700 Total Fat 22g 34% Cholesterol 105 mg 36% Sodium 830 mg 34% Total Carbohydrate 81g 27% Dietary Fiber 7g 26% <u>Protein 40 g</u> *Percent Daily Values are based on a 2,000 calorie diet.</p>				<p>1</p> <p>Pepper Steak Over Rice Wax Beans Whole Wheat Bread Ice Cream*</p>
<p>4</p> <p>BBQ Chicken Breast Cowboy Baked Beans Mixed Vegetables Whole Wheat Bread Fruit Cocktail</p>	<p>5</p> <p>Swedish Meatballs over Noodles Spinach Whole Wheat Bread Pineapple/Orange Fruit Cup</p>	<p>6</p> <p>Eggplant Parmesan over Pasta Italian Green Beans Tossed Salad w/Dressing Italian Bread Cookie*</p>	<p>7</p> <p>Roast Turkey with Gravy Mashed Potato Peas & Onions Whole Wheat Bread Pumpkin Cake*</p>	<p>8</p> <p>Chicken w/ Wild Rice Soup Warm Peaches Pasta Salad w/Ham& Peas Whole Wheat Bread</p>
<p>11</p> <p>Chili Carrots Corn Muffin Fruit Juice Pears</p>	<p>12</p> <p>Cranberry Glazed Chicken Breast Over Brown Rice Brussel Sprouts Whole Wheat Bread Apple Crisp</p>	<p>13</p> <p>Seafood Chowder Fish Nuggets Cole Slaw 2 pkgs. Crackers Apricots</p>	<p>14 <u>VALENTINE'S DAY</u> Roast Pork w/gravy Mashed Potatoes Broccoli with Red Peppers Dinner Roll Cherry Cake/Frosting*</p>	<p>15</p> <p>Spaghetti & Meatballs Cauliflower Tossed Salad Italian Bread Lemon Mousse*</p>
<p>18</p> <p>Salisbury Steak with Gravy Mashed Potatoes Green Beans Whole Wheat Bread Chocolate Pudding w/Topping*</p>	<p>19</p> <p>Rib B Que Au Gratin Potatoes Whole Kernel Corn Dinner Roll Sl. Peaches</p>	<p>20</p> <p>Oven Brown Chicken Mixed Vegetables Potato Salad Whole Wheat Bread Vanilla Pudding w/Fruit*</p>	<p>21</p> <p>Bean & Sausage Stew Collard Greens Fruit Juice Italian Bread Tropical Fruit Cup</p>	<p>22</p> <p>Fish On A Bun w/Cheese Tater Tots Zucchini & Tomato Cole Slaw Hamburger Bun Blondie*</p>
<p>25</p> <p>Kielbasa Scalloped Potatoes Cabbage & Carrots Rye Bread Cookie</p>	<p>26</p> <p>Chicken ala King Broccoli Fruit Juice Biscuit Peaches & Strawberries</p>	<p>27</p> <p>Sl. Ham w/ Orange Sauce Baked Potato Hubbard Squash Rye Bread Ambrosia</p>	<p>28 <u>HAPPY BIRTHDAY</u> Meatloaf with Gravy Mashed Potatoes Harvard Beets Whole Wheat Bread Pineapple Cake</p>	