

FEBRUARY 14-19 MENU

Monday

14

2 Cups - Rice Squares
1/2 Cup - Peaches
8oz. - 1% Milk

Breakfast

Tuesday

15

3 Pieces - Texas French Toast
1/2 Cup - Fruit Cocktail
8oz. - 1% Milk

Breakfast

Wednesday

16

2 Cups - Life Cereal
1/2 Cup - Man. Oranges
8oz. - 1% Milk

Breakfast

Thursday

17

3oz. - Banana Nut Muffin
1/2 Cup - Pineapple
8oz. - 1% Milk

Breakfast

Friday

18

Scrambled Eggs &
Hashbrowns
2oz. - Croissant
1/2 Cup - Pears
8oz. - 1% Milk

Breakfast

Monday

14

Pasta w/Meat Sauce
3oz. - Ground Beef
1 Cup - Rigatoni
1/2 Cup - Green Beans
1/2 Cup - Peas
8oz. - 1% Milk

Lunch/Dinner

ALTERNATE MEAL (S)

Turkey, Ham, PBJ Sandwich
or
Julienne Salad

Tuesday

15

Chicken Salad Pita
3oz. - Diced Chicken
2oz. - (WGR) Pita
1/2 Cup - Mixed Beans
1/2 Cup - Pineapple
8oz. - 1% Milk

Lunch/Dinner

ALTERNATE MEAL (S)

Turkey, Ham, PBJ Sandwich
or
Julienne Salad

Wednesday

16

Chicken Fried Rice
3oz. - Diced Chicken
1 Cup - (WGR) Brown Rice
1/2 Cup - Broccoli
1/2 Cup - Peaches
8oz. - 1% Milk

Lunch/Dinner

ALTERNATE MEAL (S)

Turkey, Ham, PBJ Sandwich
or
Julienne Salad

Thursday

17

Goulash
3oz. - Ground Beef
1 Cup - (WGR) Elbow Mac
1/2 Cup - Peas & Carrots
1/2 Cup - Applesauce
8oz. - 1% Milk

Lunch/Dinner

ALTERNATE MEAL (S)

Turkey, Ham, PBJ Sandwich
or
Julienne Salad

Friday

18

Cordon Bleu Casserole
3oz. - Chicken/Ham
1 Cup - (WGR) Bow Tie
1/2 Cup - Calif. Normandy
1/2 Cup - Man. Oranges
8oz. - 1% Milk

Lunch/Dinner

ALTERNATE MEAL (S)

Turkey, Ham, PBJ Sandwich
or
Julienne Salad

Saturday

19

Turkey Sandwiches
3oz. - Sliced Turkey
2 Slices - (WGR) Croissant
1/2 Cup - Potato Salad
1/2 Cup - Pears
8oz. - 1% Milk

Lunch/Dinner

ALTERNATE MEAL (S)

Turkey, Ham, PBJ Sandwich
or
Julienne Salad

Monday

14

1 oz. - Nutragrain Bars
4oz. Apple Juice

Snack

Tuesday

15

1oz. - (WGR) Wheat Thins
1 - Banana
Water

Snack

Wednesday

16

1oz. - Cheese Crackers
1/2 Cup - Cucumbers
Water

Snack

Thursday

17

1 oz. - Club Crackers
1oz. - Cheese Cubes
Water

Snack

Friday

18

1oz - Cinn Gr. Crackers
1/2 Cup - Fruit Cottage Cheese
Water

Snack

Friday

19

1oz - Saltines
1/2 Cup - Strawberry Yogurt
Water

Snack

*This institution is an equal opportunity provider

**Registrants have access to food at any time during program hours

*** Julienne salad or Sandwich are available as alternates for lunch/dinner daily