

FEBRUARY 2024



MAKE YOUR LUNCH RESERVATIONS  
AT LEAST ONE BUSINESS DAY  
IN ADVANCE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>2/1</b> Chicken Parmesan over Spaghetti Marinara <u>Spinach</u> Roll w/Butter C Fresh Orange	<b>2/2</b> Pork al Pastor w/Salsa Whole Kernel Corn C Cilantro Coleslaw w/ <u>Carrots</u> Spanish Brown Rice Seasonal Fresh Fruit Cookie
<b>2/5</b> Pork Fried Rice Asian Vegetable Soup C Cauliflower Peaches Ice Cream	<b>2/6</b> Meatloaf w/Gravy C Mashed Potatoes Green Beans Whole Wheat Roll w/Butter Seasonal Fresh Fruit	<b>2/7</b> Tuna Salad Sandwich w/Lettuce, Tomato, and Onion on WW Bread Tomato Basil Soup 3-Bean Salad w/ <u>Carrots</u> C Tropical Fruit	<b>2/8</b> Cheesy Lasagna Roll Up w/Florentine Sauce C Brussels Sprouts <u>Mixed Vegetables</u> Whole Wheat Roll w/Butter Seasonal Fresh Fruit	<b>2/9</b> <b>LUNAR NEW YEAR</b> Sesame Chicken Egg Drop Soup <u>Bean Medley</u> Sesame Pasta C Tangerine Fortune Cookie
<b>2/12</b> Breaded Fish Sandwich w/Cheese and Tartar Sauce Clam Chowder <u>Carrot Slaw</u> Whole Wheat Bun C Mandarin Oranges	<b>2/13</b> Szechuan Chicken (NEW) over Confetti Rice Asian Noodle Soup C Steamed Cabbage Seasonal Fresh Fruit	<b>2/14</b> <b>VALENTINE'S DAY</b> Sliced Roast Beef w/Gravy C Garlic Mashed Potatoes <u>Spinach Salad</u> w/Dressing Whole Wheat Roll w/Butter Seasonal Fresh Fruit Red Velvet Cake	<b>2/15</b> Sliced Turkey w/Gravy Stuffing Cranberry Sauce C Winter Vegetables <u>Yams</u> Gelatin w/Mixed Fruit	<b>2/16</b> Cheese Omelet w/Shredded Cheddar and Salsa Turkey Sausage Red Potatoes <u>Italian Vegetables</u> Blueberry Muffin C Citrus Fruit
<b>2/19</b>  <b>PRESIDENT'S DAY</b>  <b>HOLIDAY</b>	<b>2/20</b> Turkey Pasta Salad (NEW) Chicken Orzo Soup Mixed Green Salad w/Italian Dressing Whole Wheat Roll w/Butter C Fresh Orange	<b>2/21</b> + Pork Carnitas w/Salsa and a Tortilla Whole Kernel Corn C Cilantro Coleslaw w/ <u>Carrots</u> Seasonal Fresh Fruit	<b>2/22</b> <b>BLACK HISTORY MONTH</b> Oven Fried Chicken <u>Whipped Sweet Potatoes</u> C <u>Collard Greens</u> Cornbread w/Butter Peach Cobbler	<b>2/23</b> Swedish Meatballs Whole Grain Herb Pasta <u>Spinach</u> Whole Wheat Roll w/Butter C Mandarin Oranges
<b>2/26</b> Hawaiian Chicken (NEW) Macaroni Salad Hot & Sour Soup <u>Mixed Vegetables</u> C Tropical Fruit	<b>2/27</b> Beef Chili w/Beans Brown Rice <u>Peas &amp; Carrots</u> Corn Salad C Fresh Orange	<b>2/28</b> Turkey Enchilada Casserole w/Salsa C Fiesta Vegetables Marinated Beets & Onions Juice Pudding	<b>2/29</b> Baked Tilapia w/Lemon Caper Sauce Lentil Soup <u>Scandinavian Veggies</u> Wild Rice C Juice Brownie	

All meals served with  
lowfat milk.

2 DAILY ALTERNATIVE ENTRÉE CHOICES:  
VEGETARIAN OR FEATURED ENTRÉE SALAD  
(CHICKEN CAESAR).

— Vitamin A  
C Vitamin C

+ Higher in sodium