

FEBRUARY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	1 3 oz Chicken Breast on Whole Wheat Bun 4 oz Roasted Potatoes 4 oz Cucumber Tomato Salad 3 oz Pineapple Chunks 8 oz Beverage or 1/2% Milk	2 Chef's Choice Selection 8 oz Beverage or 1/2% Milk	3 8 oz Baked Lasagna 8 oz Tossed Salad 1 Slice of Garlic Bread 3 oz Fruit 8 oz Beverage or 1/2% Milk	4 3 oz Oven Roasted Turkey & Swiss Sandwiches w/Lettuce & Tomato 4 oz Baked Fries Chef Choice Pie 8 oz Beverage or 1/2% Milk	5 8 oz Cream of Mushroom Soup 4 oz Tuna Pasta Salad Tomato/Lettuce Slices 3 oz Assorted Baked Muffin 8 oz Beverage or 1/2% Milk	6
7	8 Chef's Choice Selection 1 Slice of Low Sugar Cake 8 oz Beverage or 1/2% Milk	9 3 oz Open face Hot Turkey w/Gravy 4 oz Mashed Potatoes 4 oz Broccoli 3 oz Fruit 8 oz Beverage or 1/2% Milk	10 4 oz Baked Tuna Casserole 4 oz Mixed Vegetables 3 oz Low Sugar Pudding 8 oz Beverage or 1/2% Milk	11 4 oz Grilled Cheese Sandwich 8 oz Tomato Soup 8 oz Tossed Salad 2-3 Low Sugar Cookies 8 oz Beverage or 1/2% Milk	12 4 oz Baked Breaded Chicken Sandwich w/Lettuce & Tomato on Whole Wheat Bun 3 oz Unsweeten Applesauce 8 oz Beverage or 1/2% Milk	13
14	15 4 oz Grilled Hamburger w/slice of Cheese Served on Whole Wheat Bun w/Lettuce & Tomato 4 oz Baked Fries 2-3 Low Sugar Cookies 8 oz Beverage or 1/2% Milk	16 8 oz Chicken Noodle Soup w/Crackers w/4 oz Steamed Vegetables 3 oz Fruit 8 oz Beverage or 1/2% Milk	17 3 oz Roasted Pork w/Gravy 4 oz Mashed Potatoes 4 oz Corn Dinner Roll Chef's Pie Selection 8 oz Beverage or 1/2% Milk	18 Chef's Choice Selection 3 oz Unsweeten Applesauce 8 oz Beverage or 1/2% Milk	19 4 oz Turkey Casserole 1 Slice of Low Sugar Cake 3 oz Fruit 8 oz Beverage or 1/2% Milk	20
21	22 3 Oven Fried Wings 4 oz Rice Pilaf 4 oz String Beans 3 oz Fruit 8 oz Beverage or 1/2% Milk	23 4 oz Meat Loaf w/Gravy 4 oz Mashed Potatoes 4 oz Broccoli 3 oz Unsweeten Applesauce 8 oz Beverage or 1/2% Milk	24 Chef's Choice 2-3 Low Sugar Cookies 8 oz Beverage or 1/2% Milk	25 Chef's Choice Selection 1 Slice of Low Sugar Cake 8 oz Beverage or 1/2% Milk	26 4 oz Tuna Melt Sandwich on Whole Wheat Bread 8 oz Tossed Salad 3 oz Low Sugar Pudding 8 oz Beverage or 1/2% Milk	27
28	29 3 oz Open face Hot Turkey w/Gravy 4 oz Mashed Potatoes 4 oz Broccoli 3 oz Fruit 8 oz Beverage or 1/2% Milk					