

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| | To Skip Or Cancel Your meals Please contact Your Center | | | *menu subject to change |
| 3 | 4 | 5 | 6 | 7 |
| Creamy Parmesan Pork Chop (3oz Pork, 2oz Sauce) 1/2c Cubed Potatoes 1/2c Spinach 1 Wheat Bread Cookie | Chicken Bruschetta (3oz Chicken, 2oz Tomato, .5oz Cheese) 1/2c Pesto Pasta 1/2c Capri Blend Vegetables 1 Dinner Roll Fresh Fruit | Baked Crab Cake 1/2c Tomatoes & Cucumbers 1/2c California Blend Vegetables White Bread 1/2c Cinnamon Apple Slices | Lasagna w/ 2oz Meat Sauce 1c Tossed Salad w/ Tomato 1/2c Green Beans 1 Garlic Breadstick Fresh Fruit | Pizza Burger (1oz Sauce, .5oz Mozzarella) 1/2c Buttered Noodles 1/2c Carrots Hamburger Bun 1/2c Fruit Crisp |
| 10 | 11 | 12 | 13 | 14 |
| Chicken & Dumplings 1/2c Peas & Carrots Whole Grain Buttermilk Biscuit Fresh Orange | Stadium Hot Dog 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges | Pasta & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick Seasonal Fresh Fruit | Salisbury Steak w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Green Beans 1 Wheat Bread 1/2c Gelatin | Happy Valentine's Day! 14 Chicken Rosa Baked Potato w/Sour Cream 1/2c Peas & Onions Dinner Roll Apple Pie |
| 17 | 18 | 19 | 20 | 21 |
| Presidents Day! 17 Honey BBQ Chicken Breast 1/2c Brown Rice 1/2c Carrots Wheat Bread Seasonal Fresh Fruit | Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll 1/2c Blushed Pears | Chili 1/2oz Cheddar Cheese 1c Tossed Salad w/ Tomato Cornbread 1/2c Applesauce | Baked Cod 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit | Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn & Black Bean Salad 1/2c Pineapple |
| 24 | 25 | 26 | 27 | 28 |
| Sloppy Joe 1/2c Roasted Sweet Potatoes 1/2c Green Beans 1 Hamburger Bun Fresh Fruit | Chicken Breast w/ 2oz Gravy 1/2c Whipped Potatoes 1/2c Corn 1 Biscuit 1/2c Peaches | Turkey Chef Salad (2oz Turkey, Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1/2c Beets 1 Dinner Roll 1/2c Gelatin | Stuffed Pepper Casserole 1c Tossed Salad 1/2c Peas & Carrots 1 White Bread 1/2c Pudding | Chicken Alfredo (2oz Sauce) 1/2c Noodles 1/2c Mixed Vegetables 1 Garlic Breadstick 1/2c Warm Apple Cranberry Crisp |