FEBRUARY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	L F Milk Served w/Each Meal Can Fruit in Light Syrup WW= Whole Wheat GC=Green Chili RC=Red Chili HM = Honey Mustard		Menu Subject to Change	
MONDAY 3	**TUESDAY 4**	**WEDNESDAY 5**	**THURSDAY 6**	**FRIDAY 7**
Pepper Steak	**Orange Chicken Salad**	**Beef Stroganoff**	**GC Cheese Enchiladas**	**Chicken Fettucine Alfredo**
Brown Rice	Saltine Crackers	Egg Noodles	Spanish Rice	Italian Vegetables
Steamed Cabbage	Lettuce Leaf & Tomato Slice	Steamed Cauliflower	Zucchini and Onions	Cucumber and Tomato Salad
Mixed Green Salad w/Dressing	Tropical Fruit Salad	Garden Salad w/Dressing	Tossed Salad w/Dressing	Garlic Toast
WW Roll w/Margarine	Cookie	Garlic Toast	Diced Pears	Apricots
Diced Peaches		Banana		
MONDAY 10	**TUESDAY 11**	**WEDNESDAY 12**	**THURSDAY 13**	**FRIDAY 14**
Chicken Patty Sandwich	**Hot Turkey Sandwich**	**Frito Pie**	**Shepherd's Pie w/Mashed Potato**	**Pork Roast w/ Gravy**
Tater Tots	Mashed Potatoes & Gravy	Pinto Beans	Steamed Broccoli	Baked Potato
Capri Vegetables	Steamed Carrots	Chuckwagon Corn	Garden Salad w/Dressing	Winter Blend Vegetables
Lettuce Leaf & Sliced Tomato	Garden Salad w/Dressing	Shredded Lettuce, Tomato	Biscuit w/Margarine	Spring Mix Salad w/Dressing
Orange	Fresh Grapes	Flour Tortilla	Baked Apples	WW Roll w/Margarine
		Cantaloupe		Chocolate Pudding w/Banana
MONDAY 17	**TUESDAY 18**	**WEDNESDAY 19**	**THURSDAY 20**	**FRIDAY 21**
Salisbury Steak	**BBQ Chicken Thigh**	**GC Cheeseburger**	**Chicken Soft Taco w/Salsa**	**Lemon Pepper Tilapia**
Mashed Potato w/Gravy	Red Potato Wedges	Tater Tots	Pinto Beans	Brown Rice Pilaf
Mixed Vegetables	Steamed Carrots	Lettuce, Tom, Onion, Pickle	Zucchini & Onions	Steamed Brocolli
Mixed Green Salad w/Dressing	Tossed Salad w/Dressing	Green Beans	Diced Tomatoes and Lettuce	Coleslaw
WW Roll w/Margarine	WW Roll w/Margarine	Grapes	Pineapple Chunks	WW Roll w/Margarine
Applesauce	Tropical Fruit Cocktail			Applesauce
MONDAY 24	**TUESDAY 25**	**WEDNESDAY 26**	**THURSDAY 27**	**FRIDAY 28**
Chicken Fried Steak w/Gravy	**Teriyaki Chicken Breast**	**Meatloaf**	**Pork Chop w/Gravy**	**Chicken Strips w/HM**
Mashed Potatoes	Brown Rice	Mashed Potatoes & Gravy	Brown Rice	Tater Tots
Capri Vegetables	Mixed Veggies	Garden Salad w/Dressing	Mixed Green Salad w/Dressing	Coleslaw
Garden Salad w/Dressing	Tossed Salad w/Dressing	Steamed Broccoli	WW Roll w/Margarine	Green Beans
Biscuit w/Margarine	WW Roll w/Margarine	Biscuit w/Margarine	Brussels Sprouts	Orange
Tropical Fruit Cocktail	Apple Crisp	Banana	Fruit Cocktail	

Final Approved Menu