
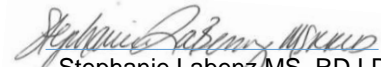


February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
515-993-4531 #4 515-465-2300 #4			Smothered Pork Chop Cheesy Texas Potatoes 2 Lima Beans 1 Apricots 1	Cook's Choice OR Veggie Cheese Pizza 1.5 Lettuce Salad Tropical Fruit 1 Orange 1
				
5	6	7	8	9
Chicken Patty on Bun 2 Lettuce & Tomato Beets Potato Salad 1.5 Plums 1 Cinnamon Custard 1	Taco Soup 1 Spinach Salad Crackers 1 Pineapple 1 Chocolate Chip Bar 1.5	Lasagna 1.5 Mixed Vegetables 1 Applesauce 1 Orange 1 Garlic Bread 1	Salmon Patty Creamy Potatoes 1.5 Corn O'Brien 1 Banana 2 Cherry Dump Cake 1.5	Meatballs Mashed Potatoes & Gravy 1 Asparagus Pears 1 Blueberry Muffin 1.5
12	13	14	15	16
BBQ Beef on Bun 1.5 Candied Sweet Potatoes 2 Lettuce Salad Peaches 1 Waldorf Salad	Turkey Divan 2 Mashed Potatoes 1 Peas 1 Angel Food Cake 1 Strawberries 1	Oven Fried Fish Party Potatoes 1 Brussels Sprouts Garlic Toast 1 Vanilla Fruit Salad 1.5	Herb Baked Chicken Parmesan Potato 1 Tuscan Blend Vegetables Apricots 1	Beef Macaroni & Cheese 1 Stewed Tomatoes .5 Brussel Sprouts Orange 1 Banana Bar 1
19	20	21	22	23
Chicken & Rice Casserole 1.5 Creamed Potatoes 1.5 Country Trio Vegetables Wheat Dinner Roll 1 Pineapple 1	Cook's Choice OR Biscuits & Gravy 1.5 Scrambled Egg Sautéed Peppers & Onions Banana 2	Meatloaf Mashed Potatoes & Gravy 1 Peas 1 Strawberries 1 Snickerdoodle Cookie 2	Scalloped Potatoes 2 w/ Turkey Ham Asparagus Plums 1 Seven Layer Bar	Hamburger Chili 1.5 Corn 1 Crackers 1 Peaches 1 Berry Crisp 2
				
26	27	28		
Baked Potato w/ 1.5 Turkey Ham Cheese Sauce Broccoli Tropical Fruit 1 Pistachio Salad 1	Beef & Noodles 1.5 Asparagus Sliced Carrots Red Hot Pears 1 Granola Bar 1	Fish Sandwich Scalloped Corn Coleslaw Strawberries 1 Peanut Butter Cookie		

**Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults. The number in parentheses denotes the carbohydrate count for those with diabetes. Cook's Choice days do not have carbohydrate count labeled.


Stephanie Labenz MS, RD,LD