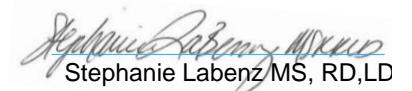


# February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Brat w/Bun Cheesy Texas Potatoes 2 Lima Beans 1 Peaches 1 Frosted Cake 2
<b>4</b> Chicken Patty on Bun 2 Lettuce & Tomato Seasoned Squash Potato Wedges Cranberry Fluff Salad 2 Granola Bar 1	<b>5</b> Taco Soup 1 Spinach Salad Crackers 1 Pineapple 1 Chocolate Chip Bar 1.5	<b>6</b> Lasagna 1.5 Mixed Vegetables 1 Applesauce 1 Orange 1 Garlic Bread 1	<b>7</b> Salmon Patty Creamy Potatoes 1.5 Corn O'Brien 1 Banana 2 Cherry Dump Cake 1.5	<b>8</b> Meatballs Mashed Potatoes & Gravy 1 Asparagus Pears 1 Blueberry Muffin 1.5
<b>11</b> BBQ Beef on Bun 1.5 Candied Sweet Potatoes 2 Lettuce Salad Peaches 1 Fruited Yogurt 1	<b>12</b> Oven Baked Fish Party Potatoes Brussel Sprouts Garlic Toast Apple	<b>13</b> Turkey Divan Mashed Potatoes Peas 1 Angel Cake Strawberries 1	<b>14</b> Herb Baked Chicken Parmesan Potato 1 Tuscan Blend Vegetables Pears Sugar Cookie 1	<b>15</b> Chef's Choice Fresh Cherry Tomatoes Green Beans Orange 1 Banana Bar 1
<b>18</b> Lemon Fish Creamed Potatoes 1.5 Country Trio Vegetables Wheat Dinner Roll 1 Pineapple 1	<b>19</b> Santa Fe Chicken Pasta Salad 1 Spinach Mandarin Oranges 1 Blonde Brownie 1.5	<b>20</b> Meatloaf Mashed Potatoes & Gravy 1 Peas 1 Strawberries 1 Snickerdoodle Cookie 2	<b>21</b> Scalloped Potatoes 2 w/ Turkey Ham Asparagus Banana and Orange Cup 1 Seven Layer Bar 1.5	<b>22</b> Hamburger Chili 1.5 Corn 1 Crackers 1 Peaches 1 Berry Crisp 2
<b>25</b> Baked Potato w/ 1.5 Turkey Ham Cheese Sauce Broccoli Apple Pistachio Salad 1	<b>26</b> Salisbury Steak Parmesan Potato 1 Sliced Carrots Rosy Pears 1 Granola Bar 1	<b>27</b> Fish Sandwich 1 Steak Fries 1 Coleslaw Strawberries 1 Peanut Butter Cookie 1	<b>28</b> Veggie Cheese Pizza 1.5 Lettuce Salad Banana 2 Orange Jell-O 1	Menu Subject to Change

\*\*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