



# 2012 February

## Hot Menu



### Menu

Includes fat free milk

Meals provides 1/3 of the Recommended Daily Allowance (RDA)

Menu subject to change

### Special Events:

Feb 2<sup>nd</sup>: Groundhog's Day  
 Feb 14<sup>th</sup>: Valentine's Day  
 Feb 20<sup>th</sup>: Closed for President's Day  
 Feb 21<sup>st</sup>: Fat Tuesday  
 Feb 22<sup>nd</sup>: Ash Wednesday  
 Feb 23<sup>rd</sup>: Birthday Party

Black History Month

American Heart Month

National Cherry Month



### MONDAY

**6** Chicken Stir Fry/Rice  
 Sweet Corn  
 Beets  
 Roll  
 Fortune Cookie  
 Fig Newton's, Banana  
 7

**13** Oven Fried Chicken  
 Baked Potato  
 Green Beans  
 Mandarin Oranges  
 Wheat Bread  
 5

**20** CLOSED  
 President's Day

**27** Chicken Broccoli  
 Cheese Casserole  
 Parsley Potatoes  
 Green Peas  
 Banana  
 Wheat Bread  
 Rice Crispy Treat 5

### TUESDAY

**7** Scalloped potatoes  
 w/Ham  
 Green Beans  
 Hot Spiced Apples  
 Vanilla Pudding  
 Roll  
 5

**14** Sweet & Sour Meatballs  
 Rice  
 Corn  
 Mixed Fruit  
 Wheat Bread  
 5

**21** Homemade Chili  
 Corn  
 Applesauce  
 Corn Muffins/Crackers  
 Rice Crispy Treat  
 6

**28** BBQ Chicken Breast  
 Baked Potato  
 Cauliflower  
 Peas & Carrots  
 Pineapple Tidbits  
 Corn Muffin/Margarine  
 6

### WEDNESDAY

**1** Chicken w/ Mushrooms  
 Green Beans/Carrots  
 Rice/Wheat Bread  
 Plums  
 Golden Cake  
 5

**8** Chicken & Dumplings  
 Peas & Carrots  
 Sweet Corn  
 Ambrosia  
 Roll  
 Rice Crispy Treat  
 7

**15** Turkey Noodle Casserole  
 Broccoli  
 Squash  
 Plums  
 Fig Newton's  
 Roll 6

**22** Fish Sandwich  
 Roasted Red Potatoes  
 Squash  
 Chocolate Pudding  
 Orange  
 7

**29** Salisbury Steak/Gravy  
 Mashed Potato  
 Green Beans  
 Fruit Crisp  
 Roll/Margarine  
 5

### THURSDAY

**2** Ziti w/ Sauce  
 Broccoli/Squash  
 Garlic Bread  
 Ambrosia  
 Crispy Rice Bar  
 6

**9** Roast Beef  
 Mashed Potatoes/Gravy  
 Lima Beans  
 Mixed Veg  
 Wheat Bread  
 Fruit Crisp  
 6

**16** Butter Crumb Cod  
 Coleslaw  
 Garden Rice Blend  
 Carrots  
 Orange 4

**23** Baked Chicken Breast  
 Mashed Potatoes/Gravy  
 Green Peas  
 Cornbread Stuffing  
 Tropical Fruit Salad  
 Cake with Frosting  
 6

### FRIDAY

**3** Sliced Turkey  
 Mashed Potatoes & Gravy  
 Lima Beans  
 Cranberry Sauce  
 Roll  
 Warm Fruit Compote 6

**10** Pancakes  
 Blueberry & Whipped  
 Topping  
 Turkey Sausage Links  
 Redskin Potatoes  
 Warm Fruit Compote  
 OJ 5

**17** Macaroni & Cheese  
 Peas & Carrots  
 Stewed Tomatoes  
 Diced Pears  
 Wheat Bread 6

**24** Fettuccini Alfredo  
 Sweet Corn  
 Brussels sprouts  
 Peaches/Wheat Bread  
 Vanilla Pudding  
 6