

# February

1 Cheeseburger—2 oz. Wheat Bun—1 each Roasted Potatoes—1/2 cup Pineapple Slices—4 oz. (FR) Skim Milk—8 fl. oz.	2 Salisbury Steak—2 oz. Garlic Bread—1 each Mashed Potatoes—1/2 cup (FR) Cantaloupe—4 oz. (FR) Skim Milk—8 fl. oz.
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8 Beef Burrito Stack—4 oz. WG Spanish Rice—1/2 cup Corn—1/2 cup (FZ) Pineapple Slices—4 oz. (FR) Skim Milk—8 fl. oz.	9 BBQ Smoked Sausage—1 each Wheat Bun—1 each Garden Salad—1/2 cup (FR) Cantaloupe—4 oz. (FR) Skim Milk—8 fl. oz.
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15 Chicken Queso—4 oz. WG Tortilla Chips—1 oz. Corn—1/2 cup (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.	16 Stuffed Chicken—2 oz. WG Pasta Salad—3 oz. Broccoli Casserole—1/2 cup (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.
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22 Chicken Parm Bake—4 oz. WG Honey Roll—1 each Steamed Veggies—1/2 cup (FR) Fruit Cocktail—1/2 cup (CN) Skim Milk—8 fl. oz.	23 Philly Cheese Steak—2 oz. Wheat Bun—1 each Broccoli w/ Ranch—1/2 cup (FR) Peaches—1/2 cup (CN) Skim Milk—8 fl. oz.
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5 Sloppy Joey's—3 oz. Wheat Bun—1 each Corn on the Cob—4 oz. (FZ) Apple—1 each (FR) Skim milk—8 fl. oz.
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6 Chili Mac—4 oz. Crackers—6 each Baked Potato—1/2 cup (FR) Fresh Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.
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7 Orange Chicken—1 thigh Garlic Bread—1 each Carrots w/ Ranch—1/2 cup (FR) Mandarin Oranges - 1/2 cup (CN) Skim Milk—8 fl. oz.
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12 Sweet N Sour Chicken—3 oz. WG Brown Rice—1/2 cup Garden Salad—1/2 cup (FR) Grapes—1/2 cup (FR) Skim Milk—8 fl. oz.
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13 Spaghetti w/ Meatsauce—4 oz. (WG) WG Honey Roll—1 each Steamed Mixed Veggies—1/2 cup (FZ) Banana—1 each (FR) Skim Milk—8 fl. oz.
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14 Chicken Cordon Bleu Bake—4 oz. (WG) Garlic Bread—1 slice Baby Carrots w/ Ranch—1/2 cup (FR) Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.
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19 Beef Nachos—3 oz. WG Tortilla Chips—1 oz. Lettuce/Tomato Salad—4 oz.. (FR) Orange—1 each (FR) Skim Milk—8 fl. oz.
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20 Beef Fajitas—4 oz. WG Tortilla—1 each Garden Salad—1/2 cup (FR) Sliced Melon—4 oz. (FR) Skim Milk—8 fl. oz.
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21 Chicken N Noodles—4 oz. WG Honey Roll—1 each Green Beans—1/2 cup (FZ) Pineapple—1 each (FR) Skim Milk—8 fl. oz.
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26 Pulled BBQ Chicken—2 oz. Wheat Bun—1 serving Roasted Potatoes—1/2 cup (FR) Apple—1 each (FR) Skim Milk—8 fl. oz.
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27 Chicken Soft Tacos—2 oz. WG Tortilla—1 serving Lettuce/Tomato Salad—1/2 cup (FR) Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.
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28 Beef & Noodles—4 oz. (WG) Garlic Bread—1 slice Corn on the Cob—4 oz. (FZ) Sliced Melon—4 oz. (FR) Skim Milk—8 fl. oz.
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