

# February

				<p>1 Salisbury Steak—2 oz. Garlic Bread—1 each Mashed Potatoes—1/2 cup (FR) Cantaloupe—4 oz. (FR) Skim Milk—8 fl. oz.</p>
<p>4 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.</p>	<p>5 Chili Mac WG—4 oz. Baked Potato—1/2 cup (FR) Fresh Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>6 Orange Chicken—1 thigh WG Honey Roll—1 each Carrots w/ Ranch—1/2 cup (FR) Mandarin Oranges - 1/2 cup (CN) Skim Milk—8 fl. oz.</p>	<p>7 BBQ smoked Sausage—1 each Wheat Bun—1 each Garden Salad—1 cup (FR) Cantaloupe—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>8 Beef Burrito Stack—4 oz. WG Spanish Rice—1/2 cup Corn—1/2 cup (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>
<p>11 Sweet N Sour Chicken—3 oz. WG Brown Rice—1/2 cup Garden Salad—1 cup (FR) Grapes—1/2 cup (FR) Skim Milk—8 fl. oz.</p>	<p>12 Spaghetti w/ Meatsauce—4 oz. (WG) Steamed Mixed Veggies—1/2 cup (FZ) Banana—1 each (FR) Skim Milk—8 fl. oz.</p>	<p>13 Buffalo chicken sandwich—4 oz. Wheat Bun—1 each Lettuce/tomato salad—4 oz. (FR) Cantaloupe—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>14 Chicken Queso—4 oz. WG Tortilla Chips—1 oz. Corn—1/2 cup (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>15 Chicken Cordon Bleu Bake—4 oz. (WG) Garlic Bread—1 slice Green Beans—1/2 cup (FZ) Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>
<p>18 Beef Nachos—3 oz. WG Tortilla Chips—1 oz. Lettuce/Tomato Salad—1 cup (FR) Orange—1 each (FR) Skim Milk—8 fl. oz.</p>	<p>19 Beef Fajitas—4 oz. WG Tortilla—1 each Garden Salad—1 cup (FR) Sliced Canteloupe—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>20 Philly Cheese Sub—4 oz. Wheat Bun—1 each Lettuce/tomato s—1 cup (FR) Broccoli &amp; Ranch—4 oz. (FR) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>21 Chicken Parm Bake—4 oz. Wheat Bun—1 each Steamed Veggies—1/2 cup (FZ) Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>22 Chicken N Noodles—4 oz. WG Honey Roll—1 each Green Beans—1/2 cup (FZ) Peaches—1/2 cup (CN) Skim Milk—8 fl. oz.</p>
<p>25 Pulled BBQ Chicken—2 oz. Wheat Bun—1 serving Roasted Potatoes—1/2 cup (FR) Apple—1 each (FR) Skim Milk—8 fl. oz.</p>	<p>26 Chicken Soft Tacos—2 oz. WG Tortilla—1 serving Lettuce/Tomato Salad—1 cup (FR) Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>27 Grilled Chicken Salad - chicken 2 oz., salad 1 cup (FR) WG Roll—1 each Grapes—1/2 cup (FR) Skim Milk—8 fl. oz.</p>	<p>28 BBQ Meatballs—3 oz. WG Bread Stick—1 each Corn on the Cob—4 oz. (FZ) Sliced Cantaloupe—4 oz. (FR) Skim Milk—8 fl. oz.</p>	