







February 2010

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>LS Alt= Low Sodium Alternate</p> <p>LF Alt=Low Fat Alternate</p> <p>(These items must be ordered ahead)</p>				
<p>1 Grilled Chicken Breast on Bun Baked Sweet Potato Fries Sweet and Sour Coleslaw Ambrosia Salad</p>	<p>2 American Heart Month Lemon Baked Cod Hearty Rice Pilaf Baked Italian Vegetables Orange Juice Whole Wheat Bread Calico Fruit</p>	<p>3  Tasty Cube Steak Mashed Potatoes Stewed Tomatoes Whole Wheat Roll Peaches and Pears Medley</p>	<p>4 Roast Turkey Savory Bread Dressing Sautéed Peppers and Onions European Blend Vegetables Multigrain Bread Fresh Grapes</p>	<p>5 Super Bowl XLIV Hearty Beef Stew Over Biscuit Tossed Salad w/ Dressing Tropical Fruit Salad</p> 
<p>8 Black History Month Gala Ravishing BBQ Ribs (BBQ Chicken-LS/LF Alt) Macaroni and Cheese Limas and Spinach Golden Cornbread Crumb-Topped Peaches</p> 	<p>9 Turkey and Swiss Sandwich Brussels Sprouts Potato Chowder Plums</p>	<p>10 Chicken and Dumplings Steamed Cabbage Carrot and Raisin Salad Whole Wheat Bread Mandarin Oranges</p>	<p>11 Mushroom and Swiss Burger on a Bun Three Bean Salad Roasted Cauliflower Apricots</p>	<p>12 Valentine's Day Honey Baked Ham (Chicken Breast-LS Alt) Baked Sweet Potato Venetian Blend Vegetables Fruit Cocktail with Cherries Croissant Valentine Dessert</p>
<p>15  PRESIDENTS' DAY ☆☆☆☆☆☆☆☆</p>	<p>16 Fat Tuesday Stuffed Cabbage Roll (Pork Tenderloin-LS Alt) Buttered Noodles Carrot Coins Carnival Cottage Cheese Pineapple Tidbits Cake Doughnut</p> 	<p>17 Ash Wednesday Tuna Melt Buttered Corn Broccoli and Onions Au Gratin Fresh Gala Apple</p>	<p>18 Oven Baked Chicken Baked Winter Squash Cream of Vegetable Soup Whole Wheat Bread Pears</p>	<p>19 Macaroni and Cheese Parmesan Spinach Cozumel Blend Vegetables Whole Wheat Bread Orange Sections</p>
<p>22 Chinese New Year Stir-Fry Chicken and Veggies Over Sticky Rice Steamed Bok Choy Cabbage Pork Dumplings Mandarin Oranges and Lychee Fortune Cookie</p>	<p>23 Succulent Roast Beef with Potatoes and Carrots Buttermilk Biscuit Mixed Melon Balls</p>	<p>24 Turkey Pot Pie Sicilian Blend Vegetables Mashed Potatoes Nectarine Blueberry Muffin</p>	<p>25 Meatloaf Sandwich Baked Beans Spinach Salad with Diced Tomatoes Waldorf Fruit Salad</p>	<p>26 Birthday Celebration Spinach Lasagna Sicilian Blend Vegetables Breadstick Nectarine Slices Birthday Cake</p> 