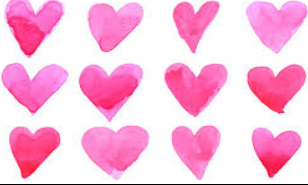


FEBRUARY

2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>***IMPORTANT***</p> <p>Milk quarts will be delivered once a week, try drinking one serving of the quart with lunch each day</p> <p>***Nutritional facts provided include a serving of milk***</p>		<p>Fish Croquettes</p> <p>Black Beans</p> <p>Cornbread</p> <p>Yogurt</p> <p>Calories: 660 Carbs: 76g</p> <p>Fat: 19.5g Protein: 35g</p> <p>Sodium: 989mg</p>	<p>Chicken and Dumplings</p> <p>Fancy Cut Sweet Potatoes</p> <p>Roasted Brussel Sprouts</p> <p>Sugar Free Jello</p> <p>Calories: 565 Carbs: 63g</p> <p>Fat: 12g Protein: 21g</p> <p>Sodium: 915mg</p>
			1-Feb	2-Feb
<p>Lemon Chicken</p> <p>Fancy Three Bean Salad</p> <p>White Rice *2% Milk Quart*</p> <p>Cottage Cheese with Peaches</p> <p>Calories: 620 Carbs: 52g</p> <p>Fat: 11.5g Protein: 43.5g</p> <p>Sodium: 940mg</p>	<p>Crusted Tilapia</p> <p>Mixed Vegetables</p> <p>White Rice</p> <p>Chocolate Pudding</p> <p>Calories: 555 Carbs: 57g</p> <p>Fat: 17g Protein: 39g</p> <p>Sodium: 1,000mg</p>	<p>Sliced Turkey with Pineapple</p> <p>Green Beans</p> <p>Wheat Roll</p> <p>Apple</p> <p>Calories: 505 Carbs: 79g</p> <p>Fat: 7.5g Protein: 23g</p> <p>Sodium: 690mg</p>	<p>Cranberry Chicken</p> <p>Three Bean Salad</p> <p>Cornbread</p> <p>Pear Cup</p> <p>Calories: 640 Carbs: 90g</p> <p>Fat: 14.5g Protein: 30g</p> <p>Sodium: 905mg</p>	<p>Hamburger on Wheat Bun</p> <p>Pinto Beans</p> <p>Oven Fries</p> <p>Lettuce/tomato/onion</p> <p>Fruit Salad</p> <p>Calories: 740 Carbs: 92g</p> <p>Fat: 24g Protein: 39g Sodium: 667mg</p>
5-Feb	6-Feb	7-Feb	8-Feb	9-Feb
<p>Chicken Fried Steak w/ LS Gravy</p> <p>Green Beans</p> <p>Mashed Potatoes</p> <p>Banana Pudding *2% Milk Quart*</p> <p>Calories: 620 Carbs: 92g</p> <p>Fat: 14.5g Protein: 25g</p> <p>Sodium: 1,001mg</p>	<p>King Ranch Casserole</p> <p>White Rice</p> <p>Sauteed Spinach</p> <p>Tortilla</p> <p>Graham Cracker</p> <p>Calories: 747 Carbs: 72g</p> <p>Fat: 21g Protein: 21g</p>	<p>Spaghetti and Sauce with Chicken</p> <p>Steamed Peas</p> <p>Capri Mixed Vegetables</p> <p>Chocolate Pudding</p> <p>Calories: 670 Carbs: 86g</p> <p>Fat: 12.5g Protein: 34g</p> <p>Sodium: 695mg</p>	<p>Meatballs over White Rice</p> <p>Baby Carrots</p> <p>Sauteed Broccoli</p> <p>Chocolate Pudding</p> <p>574 calories</p> <p>34.4 g Protein</p> <p>25 g Fat</p>	<p>Chicken Fajitas w/ Onions & Peppers</p> <p>White Rice</p> <p>Steamed Corn</p> <p>Apple</p> <p>Calories: 720 Carbs: 72g</p> <p>Fat: 13.5 Protein: 38g</p> <p>Sodium: 725mg</p>
12-Feb	13-Feb	14-Feb	15-Feb	16-Feb
<p>CLOSED</p> <p>PRESIDENT'S DAY</p> <p>PLEASE USE SHELF STABLE MEAL</p>	<p>Turkey with LowSodium Gravy</p> <p>Green Beans</p> <p>Mashed Potatoes</p> <p>Vanilla Pudding</p> <p>Calories: 552 Carbs: 67g</p> <p>Fat: 9g Protein: 28g</p> <p>Sodium: 851mg</p>	<p>Beef and Vegetable Stir Fry</p> <p>White Rice</p> <p>Steamed Broccoli</p> <p>Orange</p> <p>Calories: 562 Carbs: 90.03g</p> <p>Fat: 8.8g Protein: 38g</p> <p>Sodium: 989mg</p>	<p>Grilled Chicken Sandwich</p> <p>Broccoli and Cauliflower</p> <p>Tomato/Onion/Pickles</p> <p>Baked Apples</p> <p>Calories: 525 Carbs: 59g</p> <p>Fat: 13.5 Protein: 36g</p> <p>Sodium: 669mg</p>	<p>Meatloaf</p> <p>Spinach</p> <p>Mashed Potatoes</p> <p>Apple</p> <p>Calories: 720 Carbs: 81g</p> <p>Fat: 28g Protein: 33g</p> <p>Sodium: 955mg</p>
19-Feb	20-Feb	21-Feb	22-Feb	23-Feb
<p>Garlic Herb Chicken</p> <p>Black-eyed Peas</p> <p>Winter Mix Vegetables</p> <p>Chocolate Pudding *2% Milk Quart*</p> <p>Calories: 725 Fat: 12g Carbs: 64g</p> <p>Protein: 53g</p> <p>Sodium: 579mg</p>	<p>Oven Fried Chicken</p> <p>California Blend Vegetables</p> <p>Macaroni and Cheese</p> <p>Fruit Salad</p> <p>Calories: 670 Carbs: 96g</p> <p>Fat: 12.5g Protein: 21g</p> <p>Sodium: 1,001mg</p>	<p>Salisbury Steak</p> <p>Steamed Green Beans</p> <p>Mashed Potatoes</p> <p>Peaches</p> <p>Calories: 527 Carbs: 51g</p> <p>Fat: 24g Protein: 40g</p> <p>Sodium: 660mg</p>	<p>Always remember to call at least by 2:00 PM the day before to cancel a meal 972-562-6996 Extension 113</p>	
26-Feb	27-Feb	28-Feb		