



# February Food For All Hot Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> SMOTHERED PORK COLLARD GREENS WARM CINNAMON APPLES WHOLE GRAIN ROLL	<b>2</b> Groundhog Day BEEF STROGANOFF SAUTEED SPINACH SPICED APPLE RINGS WHOLE GRAIN ROLL
<b>5</b> SAUSAGE AND EGG STRATA POTATOES OBRIAN WARM CINNAMON APPLES FRUIT MUFFIN	<b>6</b> CHICKEN AND RICE CASSEROLE SAUTEED CARROTS WARM CINNAMON APPLES WHOLE GRAIN ROLL	<b>7</b> PORK ROAST WITH GRAVY MASHED POTATOES CORN PEAS AND CARROTS RICE PUDDING WHOLE GRAIN ROLL	<b>8</b> HUNGARIAN GOULASH SWEET AND SOUR CABBAGE WARM CINNAMON APPLES WHOLE GRAIN ROLL	<b>9</b> LASAGNA WITH ITALIAN SAUSAGE CALIFORNIA VEGETABLES WARM CINNAMON APPLES WHOLE GRAIN ROLL
<b>12</b> Lincoln's B-Day HEARTY BEEF STEW STEWED TOMATOES ESCALOPED APPLES BUTTERMILK BISCUIT	<b>13</b> Mardi Gras CHICKEN CACCIATORE SAUTEED SPINACH RICE PUDDING WHOLE GRAIN ROLL	<b>14</b> Valentine's Day SPINACH AND PEPPER QUICHE VEGETARIAN SAUSAGE PATTY CINNAMON APPLES FRUIT MUFFIN	<b>15</b> HOMEMADE MEATLOAF MASHED POTATOES STEWED TOMATOES CORN PUDDING WHOLE GRAIN ROLL	<b>16</b> Chinese New Year BLACKENED TILAPIA SAUTEED SPINACH RICE PUDDING CORNBREAD MUFFIN
<b>19</b> Presidents' Day HERB ROASTED CHICKEN BRUSSELS SPROUTS CHERRY CRISP BUTTERMILK BISCUIT	<b>20</b> SLOPPY JOE BAKED BEANS WITH PEPPERS CHOCOLATE ZUCCHINI CAKE WHOLE WHEAT BUN	<b>21</b> COUNTRY FRIED CHICKEN MASHED POTATOES SWEET CORN PEACH COBBLER WHOLE GRAIN ROLL	<b>22</b> SESAME CHICKEN WHITE RICE WAX BEANS AND PEPPERS PINEAPPLE UPSIDE DOWN CAKE CHOWMEIN NOODLES	<b>23</b> VEGETABLE LASAGNA HARVARD BEETS BLUEBERRY AND CHERRY CRISP WHOLE GRAIN ROLL
<b>26</b> CORNED BEEF HASH SCRAMBLED EGGS PEACH COBBLER FRUIT MUFFIN	<b>27</b> PORK ROAST WITH GRAVY MASHED POTATOES CORN PEAS AND CARROTS RICE PUDDING WHOLE GRAIN ROLL	<b>28</b> SPAGETTI WITH MEAT SAUCE GREEN BEANS AND CARROTS PEACH CRISP WHOLE GRAIN ROLL		



Each meal meets the new A.A.A. approved nutritional guidelines. All meals have between 80-120 grams of carbohydrates. All meals are trans-fat free.

