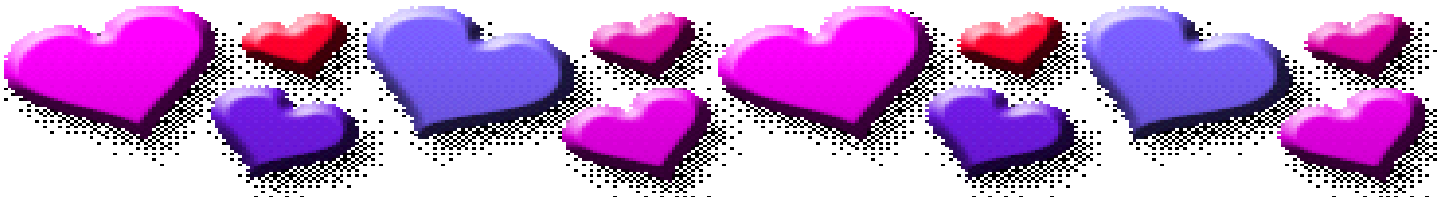








February 2009

To access ingredient content, please call Site Manager at _____

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>2 Grilled Chicken Breast on Bun Baked Sweet Potato Fries HDM –Baked Sweet Potato Sweet and Sour Coleslaw Ambrosia Salad</p>	<p>3 American Heart Month Lemon Baked Cod (ALT: Beef Stir Fry) Hearty Rice Pilaf Baked Italian Vegetables Orange Juice Whole Wheat Bread Calico Fruit</p>	<p>4 Meat Loaf Mashed Potatoes Stewed Tomatoes Whole Wheat Roll Peaches and Pears Medley</p>  	<p>5 Escape to the Islands Day Caribbean Style Chicken Seashell Pasta Caribbean Blend Vegetables Brown Bread Rum-Sauced Bananas</p>	<p>6 Turkey Pot Pie with Sicilian Blend Vegetables And Potatoes Tossed Salad Orange Blueberry Muffin</p> 
<p>9 Black History Month Gala Ravishing BBQ Ribs (BBQ Chicken-LS/LF Alt) Macaroni and Cheese Limas and Spinach Golden Cornbread Peaches</p>	<p>10 Turkey and Swiss Hoagie Tossed Salad Potato Chowder Plums</p> 	<p>11 Chicken and Dumplings Steamed Cabbage Carrot and Raisin Salad Whole Wheat Bread Mandarin Oranges</p>	<p>12 Mushroom and Swiss Burger on a Bun Three Bean Salad Roasted Cauliflower Apricots</p>	<p>13 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>16  <i>President's Day</i> <i>Sites Closed</i></p>	<p>17 Presidents' Day Succulent Roast Beef with Potatoes and Carrots Buttermilk Biscuit Jell-O Fruit Salad</p>	<p>18 Scalloped Potatoes and Ham (Turkey-LS Alt) Buttered Broccoli Sliced Beets Rye Bread Fresh Fruit with Creamy Sauce</p>	<p>19 Oven Baked Chicken Baked Winter Squash Cream of Vegetable Soup Whole Wheat Bread Pears</p>	<p>20 Roast Turkey with Gravy Savory Bread Dressing Tossed Salad European Blend Vegetables Multigrain Bread Fresh Grapes</p>
<p>23 Hearty Beef Stew Over Flaky Buttermilk Biscuit Tossed Salad w/ Dressing Tropical Fruit Salad</p>	<p>24 Fat Tuesday Stuffed Cabbage Roll (Pork Tenderloin-LS Alt) Buttered Noodles Carrot Coins Carnival Cottage Cheese Pineapple Tidbits Jelly Donut</p> 	<p>25 Ash Wednesday Tuna Noodle Casserole (ALT: Egg Salad Sandwich) Peas & Carrots Broccoli and Onions Au Gratin Fresh Gala Apple <i>Oak Harbor Birthday</i></p>	<p>26 Italian Sausage on a Bun (Cheeseburger -LS Alt) Baked Beans Spinach Salad with Diced Tomatoes Waldorf Fruit Salad <i>Danbury, Elmore & PC</i> <i>Birthday Cake</i></p>	<p>27 Birthday Celebration Spinach Lasagna Sicilian Blend Vegetables Breadstick Mandarin Oranges <i>Genoa & HDM Birthday Cake</i></p> 