




February 2018

330-296-9211

Monday	Tuesday	Wednesday	Thursday	Friday
			Stuffed Cabbage 6 oz Mashed Potato 1/2 cup Sweet Corn 1/2 cup Bread - 1 slice Fresh Fruit Milk 8 oz	Chicken Salad 3 oz Pasta Salad 1/2 cup Broccoli Salad 1/2 cup Fruit Cup 1/2 cup Bun 2 oz Milk 8 oz
Sloppy Joe 3 oz Potato Wedges 1/2 cup Cauliflower 1/2 cup Bun 2 oz Peach Diced 1/2 cup Milk 8 oz	Swedish Meatballs 3 oz Noodles 1/2 cup Peas 1/2 cup Bread 1 slice Pineapple Tidbits 1/2 cup Milk 8 oz	Cheese Ravioli 3 oz Salad 1/2 cup Green Beans 1/2 cup Escaloped Apple 1/2 cup Breadsticks Milk 8 oz	Chicken Breast 3 oz Sweet Potato Bake 1/2 cup Chopped Spinach 1/2 cup Wheat Roll 2 oz Diced Pears 1/2 cup Milk 8 oz	Meatloaf 3 oz Whipped Potatoes 1/2 cup Lima Beans 1/2 cup Wheat Bread 1 slice Escaloped Apples 1/2 cup Milk 8 oz
Meatball Sub 3 oz Parley Potato 1/2 cup Green Beans 1/2 cup Hot Dog Bun 2 oz Fruit Mix 1/2 cup Milk 8 oz	Chicken Patty 3 oz Diced Potato 1/2 cup Cole Slaw 1/2 cup Wheat Bun 2 oz Apple sauce 1/2 cup Milk 8 oz	Ham Slice 3 oz Potatoes Au Gratin 1/2 cup Carrots 1/2 cup Roll 2 oz Cherry Cobbler-1/2 cup fruit Milk 8 oz	Stuffed Peppers 3 oz Beef Mashed Potatoes 1/2 cup Succotash 1/2 cup Dinner Roll 2 oz Pineapple 1/2 cup Milk 8 oz	Egg Salad 3 oz Potato Salad 1/2 cup 3 Bean Salad 1/2 cup Fruit Cup 1/2 cup Bun 2 oz Milk 8 oz
Beef Stew 6 oz Wax Beans 1/2 cup Cottage Cheese 1/2 cup Apple sauce 1/2 cup Biscuit 2" Milk 8 oz	BBQ Riblet 3 oz Red Skin Potatoes 1/2 cup Brussel Sprouts 1/2 cup Wheat Bun 2 oz Mandarin Oranges 1/2 cup Milk 8 oz	Cream Chicken 4 oz Carrots 1/2 cup Peas 1/2 cup Biscuit 2" Fruit Cup 1/2 cup Milk 8 oz	Salisbury Steak 3 oz Scalloped Potatoes 1/2 cup Carrots 1/2 cup Wheat Bread 1 Slice Diced Peaches 1/2 cup Milk 8 oz	Macaroni & Cheese 6 oz Stewed Tomatoes 1/2 cup Mixed Veg. 1/2 cup Wheat Roll 2 oz Fruit Cocktail 1/2 cup Milk 8 oz
Cheeseburger 3 oz Diced Potato 1/2 cup Baked Beans 1/2 cup Fruit Cup 1/2 cup Bun 2 oz Milk 8 oz	Chicken Breast 3 oz Mashed Potato 1/2 cup Peas 1/2 cup Wheat Bread 1 Slices Tropical Fruit Mix 1/2 cup Milk 8 oz	Chili 1 cup Diced Tomatoes 1/2 cup Corn 1/2 cup Corn Muffin Fruit Cup 1/2 cup Milk 8 oz		 <p>Jill Riffle MS, RDN, LD</p>