



February-12

| | Week 3 Day 1 | Week 3 Day 2 | Week 3 Day 3 | Week 3 Day 4 | Week 3 Day 5 |
|-----------------|---|---|--|---|---|
| Option 1 | Monday 30 Braised beef tips Pasta Peas and carrots Fruit Rye bread Milk or Juice | Tuesday 31 Lasagna Italian blend veges Cucumber tomato salad Apple crisp Breadstick Milk or Juice | Wednesday 1 Chicken w/cornbread stuffing and gravy Capri blend veges Brownie Dinner roll Milk or Juice | Thursday 2 Salisbury steak w/gravy Mashed potatoes Vegetable blend Peaches Dinner roll Milk or Juice | Friday 3 Tuna noodle casserole Broccoli Salad w/ dressing Berries w/topping Breadstick Milk or Juice |
| Option 2 | Deli sandwich on a bun Peas and carrots Fruit Milk or Juice | Egg salad sandwich Chicken noodle soup Cucumber tomato salad Apple crisp Milk or Juice | Taco salad Brownie Milk or Juice | BLT wrap Peaches Vegetable blend Milk or Juice | French dip sandwich Broccoli Salad w/ dressing Berries w/topping Milk or Juice |
| | Week 4 Day 1 | Week 4 Day 2 | Week 4 Day 3 | Week 4 Day 4 | Week 4 Day 5 |
| Option 1 | Monday 6 Polynesian pork Steamed rice Carrots Pudding Dinner roll Milk or Juice | Tuesday 7 Barbecue chicken Hashbrown potatoes Broccoli/cauliflower blend Fruit Cornbread Milk or Juice | Wednesday 8 Pork roast w/gravy Scalloped potatoes Green beans Applesauce Dinner roll Milk or Juice | Thursday 9 Chicken/wild rice casserole Francais blend veges Confetti coleslaw Cookie Dinner roll Milk or Juice | Friday 10 Swiss steak with tomatoes Rosemary red potatoes Salad with dressing Peaches Breadstick Milk or Juice |
| Option 2 | Chicken sandwich Tomato basil soup Pudding Milk or Juice | Vegetable frittata Cornbread Fruit Milk or Juice | Meat taco with cheese, lettuce, and tomato Salsa & sour cream Applesauce Milk or Juice | Tuna pasta salad Three bean salad Coleslaw Cookie Dinner roll Milk or Juice | Clam chowder Cheese sandwich Salad with dressing Peaches Milk or Juice |

| | Week 5 Day 1 | Week 5 Day 2 | Week 5 Day 3 | Week 5 Day 4 | Week 5 Day 5 |
|-----------------|--|--|---|---|---|
| Option 1 | Monday 13 Baked ham w/pineapple Creamed potatoes Broccoli Fruit Bread Cookie Milk or Juice | Tuesday 14 Chicken alfredo w/ pasta Mixed Veggie Valentine Cookie Bread stick Milk or Juice  | Wednesday 15 Spaghetti w/meat sauce Italian green beans Salad with dressing Peach cobbler Breadstick Milk or Juice | Thursday 16 Spanish rice casserole Vegetable blend Applesauce Cake Dinner roll Milk or Juice | Friday 17 Roast turkey with gravy Garlic mashed potatoes Peas and carrots Summer blend veges Chilled pears Milk or Juice |
| Option 2 | Cheeseburger casserole Broccoli Fruit Bread Cookie Milk or Juice | Barbecue turkey on a bun Mixed Veggie Valentine Cookie Milk or Juice | Cottage cheese plate Salad with dressing Fresh vegies/fruit Breadstick Peach cobbler Milk or Juice | Meatloaf sandwich Vegetable blend Applesauce Cake Dinner roll Milk or Juice | Chile con carne Salad with dressing Chilled pears French bread Milk or Juice |

| | Week 6 Day 1 | Week 6 Day 2 | Week 6 Day 3 | Week 6 Day 4 | Week 6 Day 5 |
|-----------------|--|---|--|--|--|
| Option 1 | Monday 20 Fish filet with dill sauce Mashed potatoes Carrots Fruit Biscuit Milk or Juice  | Tuesday 21 Swedish meatballs w/rice Peas & carrots Spiced peaches Rye bread Cookie Milk or Juice | Wednesday 22 Portugese pork w/ peppers Baked potato w/sour cream Broccoli Wheat dinner roll Fruit Milk or Juice | Thursday 23 Macaroni & cheese Herbed green beans Stewed tomatoes French bread Fruit Milk or Juice | Friday 24 Butter beans with ham Spinach Cornbread Fruit Vegetable salad Milk or Juice |
| Option 2 | Beef stew Carrots Fruit Biscuit Milk or Juice | Tuna salad sandwich Vegetable beef soup Spiced peaches Rye bread Cookie Milk or Juice | Sloppy joe on a bun Broccoli Salad with dressing Fruit Milk or Juice | Chicken caesar salad Fruit French bread Milk or Juice | Chicken breast sandwich Lettuce & tomato Spinach Fruit Milk or Juice |

| | Week 7 Day 1 | Week 7 Day 2 | Week 7 Day 3 | Week 7 Day 4 | Week 7 Day 5 |
|-----------------|---|---|--|---|---|
| Option 1 | Monday 27 Chicken cacciatore parm. with peppers & mushrooms Farfalle pasta French green beans Fruit Whole wheat roll Milk or Juice | Tuesday 28 Cheese ravioli Spinach Brownie Breadstick Milk or Juice | Wednesday 29 Lentil & sausage casserole Mixed vegetable Cinnamon apple slices Rye bread Milk or Juice | Thursday 1 Marinated beef & vegetables Rice pilaf Steamed baby carrots Spinach salad Whole grain roll Milk or Juice | Friday 2 Turkey cutlet w/sage & lemon Baked potato Broccoli & red peppers Tossed salad Whole grain roll Cookie Milk or Juice |
| Option 2 | Turkey pita sandwich French green beans Fruit Milk or Juice | Stuffed peppers Spinach Brownie Breadstick Milk or Juice | Potato soup Ham & cheese on rye (1/2) Mixed vegetable Cinnamon apple slices Milk or Juice | Creamy dill tuna salad Steamed baby carrots Spinach salad Whole grain roll Milk or Juice | Stuffed baked potato with cheese & broccoli Tossed salad Whole grain roll Cookie Milk or Juice |