

# FEBRUARY 2014 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Grilled Tuna Patty on Whole Wheat Roll Cucumber Slices Oranges	Tamale Pie Salad Pears	Turkey Sausage, Peppers, Onion, Potatoes Breadstick Grapes	Italian Cupboard Soup with Pork Loin Dinner Roll Oranges	Cheesy Vegetable Lasagna Tossed Salad Apple Slices
10	11	12	13	14
Penne with Italian Chicken and Tomatoes Tossed Salad with Mandarins	Beef Ragout with Spiral Pasta Mango	Peanut Butter and Fruit Preserves on Whole Wheat Bread Hard Boiled Eggs Snap Peas	Shredded BBQ Beef Sandwiches on Wheat Roll Coleslaw Grapes	Turkey Chili Cornbread Oranges
17	18	19	20	21
Shredded Beef, Bean, Cheese Burritos Oranges/Grapes	Chicken Breast Sandwich on Wheat Roll Rainbow Chopped Salad Apple Slices	Sweet and Sour Pork Stir-Fry Vegetables Brown Rice Pineapple	Grilled Provolone Sandwiches Marinara Dipping Sauce Tossed Salad Grapes	Dirty Rice Turkey Sausage Orange Wedges
24	25	26	27	28
Ratatouille with Ground Beef Dinner Roll Grapefruit	Wild Rice Pepper/Lime Chicken Breast Salad Oranges	Roast Pork Loin Sweet Potato Bake Dinner Roll	Spaghetti with Meat Sauce Tossed Salad Oranges	Southwestern Pizza Tossed Salad Apples

\*All fruits and vegetables are fresh. Any grain should be whole wheat or multi-grain. All milk based products such as cheeses are 2%. All meats should be lean cut and low sodium. Any dip should be low fat or fat free. All meals served with milk.