

MENU – FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch Served Monday through Friday 11:30 – 12:15	Contributions Welcomed	Additional milk may be purchased for \$0.50		¹ Chef Salad with Turkey, Egg, And Cheese Pasta Salad Fruit Cocktail Crackers Choc Chip Cookie 1114 mg Sodium
⁴ Chicken Parmesan Over Penne Pasta Italian Vegetables Roll Spiced Apples 915 mg Sodium	⁵ Roast Pork and Gravy Carrots and Potatoes Roll Tropical Fruit 1235 mg Sodium	⁶ Turkey Pot Pie Over Biscuit Steamed Broccoli Graham Crackers Sliced Peaches 1222 mg Sodium	⁷ Meatloaf with Gravy Mashed Potatoes Green Peas Roll Sliced Pears 1058 mg Sodium	⁸ Tuna Salad Coleslaw Saltine Crackers Mandarin Oranges Chocolate Chip Cookie 1201 mg Sodium
¹¹ Chicken Marsala Over Rotini Pasta Italian Vegetable Blend Roll Sliced Pears 861 mg Sodium	¹² Beef Chili Over Rice Green Beans Roll Sliced Peaches 836 mg Sodium	¹³ Turkey Tetrizzini Steamed Peas Pineapple Crisp 981 mg Sodium	¹⁴ Happy Valentines' Day Pork BBQ on Bun Steamed Cabbage Tropical Fruit Oatmeal Cookie 930 mg Sodium	¹⁵ Chicken Salad On Bun Three Bean Salad Applesauce Graham Crackers 963 mg Sodium
¹⁸ Meatballs with Marinara Sauce over Penne Pasta Steamed Broccoli Roll Sliced Peaches 738 mg Sodium	¹⁹ Hamburger Steak with Gravy Mashed Potatoes Diced Beets Roll Sliced Pears 783 mg Sodium	²⁰ Pulled BBQ Chicken On Bun Green Beans Apple Crisp 797 mg Sodium	²¹ Pork and Vegetable Stir Fry Dinner Roll Pineapple Tidbits 1064 mg Sodium	²² Chicken Caesar Salad Potato Salad Ambrosia Salad Graham Crackers 1281 mg Sodium
²⁵ Kielbasa Sausage over Rice Brussel Sprouts Roll Sliced Peaches 1143 mg Sodium	²⁶ Tuna Casserole Steamed Broccoli Roll Pineapple Tidbits 783 mg Sodium	²⁷ Shepherd's Pie With Mashed Potatoes Green Beans Roll Sliced Pears 842 mg Sodium	²⁸ Sausage Gravy Over Biscuit Stewed Tomatoes Apple Crisp 1255 mg Sodium	

Each meal contains at least one-third of the current recommended daily allowances for individuals 51 years of age and older. The meal must contain at least 2 ounces of cooked protein, 2 servings of breads/grains, and 2 servings of fruits and vegetables. The individual meal must contain at least 700 calories with no more than 1300 mg sodium. Sodium levels for each meal are listed in mgs. ****All meals contain an 8 oz serving of 2% milk****