



This Institution Is An Equal Opportunity Provider



Fitness Tip: Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MyPlate

Monday

Steak Fingers/Rice Gravy/Roll
Chicken Sandwich
Lima Beans/Carrots
Fruit/Juice

3

Tuesday

Chicken Legg/Roll
B.B.Q Rib Sandwich
Potatoes/Green Beans
Fruit/Juice

4

Wednesday

Fruit Yogurt Plate
Corn Dog
Baked Beans/Mixed Veggies
Fruit/juice

5

Thursday

Chef Salad/Crackers
Spaghetti
California Veggies/Squash
Fruit/Juice

6

Friday

Fruit Yogurt Plate
Beef Steak Burger
French Fries/Side Salad
Fruit/Juice

7

Chicken Strips/Roll
Hot-Ham Cheese
Green Bean/Diced Potatoes
Fruit/Juice

10

Broccoli Soup
Chicken Sandwich
Squash/Carrots
Fruit/Juice

11

Fruit Yogurt Plate
Hot Turkey Sandwich
Mashed Potatoes/Green Peas
Fruit/Juice

12

Chef Salad/Crackers
Mexican Pizza California
Veggies/Corn
Fruit/Juice

13

Fruit Yogurt Plate
Hot Dog
Baked Beans/French Fries
Fruit/Juice

14

Cheesy Chicken/Rice
Pizza
Sweet Potatoes/Lima Beans
Fruit/Juice

17

Chili/Cheese Toast
Hot Ham Cheese Sub
Carrots/Side Salad
Fruit/Juice

18

Fruit Yogurt Plate
Philly Cheese Steak Hoagie
Green Peas/California Veggies
Fruit/Juice

19

Chef Salad/Crackers
Mandarin Chicken/Fried
Rice/Squash/Broccoli
Fruit/Juice

20

Fruit Yogurt Plate
Corn Dog
Baked Beans/Side Salad
Fruit/Juice

21

MARDI GRAS HOLIDAY

24

MARDI GRAS HOLIDAY

25

Fruit Yogurt Plate
Cheese Pizza
Corn/California Veggies
Fruit/Juice

26

Chef Salad/Crackers
Chicken Strips/Roll
Mashed Potatoes/Broccoli
Fruit/Juice

27

Fruit Yogurt Plate
Grilled Cheese
French Fries/Carrots w/Dip
Fruit/Juice

28

