




February 2023 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Center Closed 	2 Salisbury Steak & Country Gravy WG Biscuit w Butter Roasted Cauliflower Garlic Mashed Potatoes Fresh Pineapple Milk	3 Chicken Wild Rice Soup WG Triscuit type Cracker Cinnamon Glazed Carrots Steamed Spinach Tropical Fruit Salad Milk
6 Chili con Carne WG Corn Muffin w Butter Mixed Greens Salad w Ranch Hot Fruit Compote Milk	7 Honey Lime Chicken WG Pita Curried Vegetable Couscous Brussel Sprouts Cinnamon Baked Apple Milk	8 Korean Beef over Quinoa WG Roll w Butter Green Beans Sweet Potato Fresh Pineapple Milk	9 Chicken Noodle Soup WG Wheat Roll w Butter Black Eyed Peas Butternut Squash Orange Wedges Milk	10 Breaded Fish Filet WG Bun Steamed Kale Pimento Corn Clementine Milk
13 Chicken & Dumplings WG Roll w Butter Peas & Carrots Pumpkin Pineapple Milk	14 Sweet & Spicy Beef "Stir-fry" WG Rice Broccoli Mandarin Oranges Milk	15 Oven Fried Chicken WG Roll w Butter Green Beans Tossed Salad with Ranch Peach Cobbler Milk	16 Beef Stroganoff WG Egg Noodles Diced Sweet Potatoes Brussels Sprouts Grapes Milk	17 Minestrone Soup Cheesy WG Rice and Beans WG Ritz Crackers Acorn Squash Fresh Fruit Salad Milk
Center Closed for President's Day 	21 Slice Turkey & Gravy Stuffing WG Roll w Butter Broccoli & Cauliflower Pimento Corn Baked Cinnamon Apple/Applesauce Milk	22 Center Closed 	23 Oven Fried Chicken Legs WG Corn Muffin w Butter Steamed Collards Creole Style Black Eyed Peas Cherry Cobbler Milk	24 Breaded Fish Filet Macaroni & Cheese Cucumber Salad Stewed Tomatoes Grapes Milk
27 Arroz con Pollo WG Rice WG Roll w butter Black Beans Pears Milk	28 Stuffed Pepper WG Biscuit w Butter Winter Squash Peaches Milk			