

All meals include 1% Milk Suggested Voluntary Confidential Donation is \$2.00 PER MEAL.

PLEASE CALL YOUR MEAL SITE BEFORE 11AM ONE SERVING DAY AHEAD TO ORDER OR CANCEL A MEAL

6 Beef Stew Boiled Potatoes Green Beans Whole Wheat Bread Mandarin Oranges	7 Hot Dog Carrots Baked Beans Hot Dog Bun Pineapple	8 Lentil Spinach Soup w/Crackers Baked Chicken w/ Apricot Glaze, Brown Rice Whole Wheat Bread HDM: Spinach Peach Cup Diet: Peaches	9 Stuffed Shells / Meat See Italian Green Beans Whole Wheat Bread Cherry Muffin Diet: Lemon Graham Cookie HDM: Peas	10 Tomato Rice Soup/Crackers Turkey/Gravy Mashed Potatoes White Bread Fresh Fruit HDM: Mixed Vegetables
13 Roast Pork w/ Rosemary Gravy Sweet Potatoes Winter Blend Veg. Rye Bread Cinnamon Applesauce	Vegetable Soup/Crackers Roast Chicken w/ Tarragon Sauce Mashed Potatoes Whole Wheat Bread Fruited Jello with Pears HDM: Vegetable Soup	15 Cheese Ravioli Newburg Sauce Italian Green Beans Beets Whole Wheat Dinner Roll Apple Cherry Crisp Diet: Apple Cherry Compote	16 Chili w/ Cheddar Cheese Corn Carrots Rye Bread Fresh Fruit	17 Teriyaki Chicken w/ Brown Rice Winter Blend Vegetables Whole Wheat Bread Yogurt
20 Holiday No Meals Today	21 Meatballs with Swedish Sauce Egg Noodles Green Beans/red pepper Whole Wheat Bread Pineapple	22 Ash Wednesday Broccoli Bake Stewed Tomatoes Peas Italian Bread ¼ C dried fruit	23 Chicken Breast Cacciatore Ziti Spinach Whole Wheat Bread Cutie Pie Diet: Blueberry Graham Cookie	24 Pea Soup/Crackers Tuna Salad Marinated Winter Salad Hot Dog Roll Tropical Fruit
27 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Green Beans Rye Bread Pears	28 Minestrone Soup/Crackers Chicken w/coq au vin Sauce Cous cous with broth, Onion, Peas & Carrots Whole Wheat Bread Pineapple HDM: Minestrone Soup	29 Shepherd's Pie Mashed Potato Carrots Rye Bread Butterscotch Pudding Diet: SF Butterscotch Pudding	March 1 Lemon Lime Diced Chicken w/Peppers & Onions Corn and Black Beans Brown Rice Whole Wheat Bread Fresh Fruit	2 Butternut Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Peach Cup HDM: Mixed Vegetables Diet: Applesauce