

Salad-to-Go Options Available Monday through Friday for Lunch or Dinner are Garden, Chicken Caesar or Veggie Buffalo Wing Wrap

MONDAY 1/28/19	TUESDAY 1/29/19	WEDNESDAY 1/30/19	THURSDAY 1/31/19	FRIDAY 2/1/19	SATURDAY 2/2/19	SUNDAY 2/3/19
Fresh fruit is available at all meals						
<p>Orange Juice Fresh Fruit Andrew Mc Muffin Or Toast Sausage Patty Oatmeal Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Hard Cooked Eggs Assorted Muffins Or Toast Cream of Wheat Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Cheese Omelet Or Toast Malt-O-Meal Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Corned Beef Hash and Toast Oatmeal Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Scrambled Eggs Or Toast Grits Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Sausage Links Glazed Donut Or Toast Cream of Wheat Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Apple Wood Smoked Bacon Cinnamon Roll Or Toast Malt-O-Meal Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>
<p>Chicken Gumbo Soup Beef Chili / corn bread Ham Stromboli</p> <p>Stewed Tomatoes Capri Vegetables</p> <p>Chilled Peaches Apple Pie</p> <p>Coffee-Tea-Milk</p>	<p>Vegetarian Vegetable Soup Zita Bake Roasted Vegetable and Black Bean Burrito w/Pico Del Gallo Sweet Potatoes Baby Carrots Pineapple Chunks Banana Bread</p> <p>Coffee-Tea-Milk</p>	<p>Cream of Broccoli Soup BLT Sandwich Chicken and Noodles</p> <p>Brussels Sprouts Lima Beans</p> <p>Chilled Mandarin Oranges Gene's Chocolate Chocolate Chip Cookies</p> <p>Coffee-Tea-Milk</p>	<p>Chicken Wild Rice Soup Chicken Strips with French Fries Soft Shell Taco Peas Island Blend Vegetables Cottage Cheese Salad Tropical Fruit Parfait</p> <p>Coffee-Tea-Milk</p>	<p>Cream of Tomato Soup Pepperoni Pizza Fish Sandwich Fries Sliced Carrots Spinach</p> <p>Tossed Salad Frosted Yellow Cake</p> <p>Coffee-Tea-Milk</p>	<p>Split Pea Soup Calif. Burger on a Bun Tuna Salad Sandwich Oriental Blend Vegetables Italian Vegetables 3 Bean Salad Bread Pudding w/ Vanilla Sauce</p> <p>Coffee-Tea-Milk</p>	<p>Chicken Florentine Soup Chicken Breast Sandwich Grilled Ham and Cheese Sandwich French Fries Capri Blend Vegetables Asparagus Chilled Fruit Cocktail M&M Cookie</p> <p>Coffee-Tea-Milk</p>
<p>Oven Fried Chicken Mushroom Swiss Burger on a Bun French Fries California Vegetables Spinach Relish Plate Frozen Yogurt</p> <p>Coffee-Tea-Milk</p>	<p>Hot Roast Beef Sandwich Honey Garlic Chicken Stir Fry Broccoli Diced Beets Chilled Fruit Cocktail Cherry Tart</p> <p>Coffee-Tea-Milk</p>	<p>BBQ Chicken Drumsticks Salisbury Steak Mashed Potatoes Scandinavian Vegetables Wax Beans Grapes Red White and Blue Dessert</p> <p>Coffee-Tea-Milk</p>	<p>Beef Stroganoff with Egg Noodles Cheese Quiche Dinner Roll Chateau Vegetables Winter Blend Vegetables Chilled Applesauce Frosted Marble Cake</p> <p>Coffee-Tea-Milk</p>	<p>Ham Loaf Garlic Herbed Chicken Breast Baked Potato Steamed Corn Mixed Vegetables Marinated Vegetable Salad Butterscotch Pudding</p> <p>Coffee-Tea-Milk</p>	<p>Beanie Weenie Casserole Chicken and Broccoli over Rice Steamed Cabbage Stewed Tomatoes Tomato Juice with Celery Sticks Orange Gelatin Parfait</p> <p>Coffee-Tea-Milk</p>	<p>Smothered Steak Mashed Potatoes Turkey Pot Pie with Biscuit Top Mixed Vegetables Cauliflower Cole Slaw Pumpkin Pie</p> <p>Coffee-Tea-Milk</p>


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MONDAY 2/4/19	TUESDAY 2/5/19	WEDNESDAY 2/6/19	THURSDAY 2/7/19	FRIDAY 2/8/19	SATURDAY 2/9/19	SUNDAY 2/10/19
Fresh fruit is available at all meals						
<p>Orange Juice Fresh Fruit Pancakes /Syrup Sausage Links Oatmeal Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Carmel Roll or Toast Sausage Patty Cream of Wheat Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Ham and Cheese Omelet Malt-O-Meal Assorted Dry Cereal Toast w/ Jelly</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit French Toast / Syrup or Toast Apple Wood Smoked Bacon Oatmeal Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Scrambled Eggs Cream of Rice Cereal Assorted Dry Cereal Toast w/ Jelly</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit 2 Sausage Links Sugared Cake Donut Or Toast Cream of Wheat Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Ham Patty Cinnamon Coffee Cake Or Toast Malt-O-Meal Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>
<p>Cream Mush. Soup Teriyaki Chicken with Steamed Rice Pork Chow Mein on Steamed Rice</p> <p>Monteray Vegetables Green Beans Tomato Basil Salad Peach Delight</p> <p>Coffee-Tea-Milk</p>	<p>HAPPY CHINESE NEW YEAR</p> 	<p>Lentil Soup Sharon's Vegetable Lasagna /Garlic Bread Meat Loaf Mashed Potatoes with Gravy Sliced Carrots Broccoli FreshFruit Salad Frozen Yogurt</p> <p>Coffee-Tea-Milk</p>	<p>Corn Chowder Stuffed Baked Potato Rueben Sandwich with Pickle Spear Scandinavian Vegetables Brussels Sprouts Relish Plate Frosted Brownies</p> <p>Coffee-Tea-Milk</p>	<p>Minestrone Soup Beef Taco Pizza Vegetable Lo Mein Green Beans Almandine Diced Beets Cottage Cheese Salad Carrot Cake</p> <p>Coffee-Tea-Milk</p>	<p>Vegetable Beef Soup Egg Salad Sandwich / Pickle Spear Cheese Burger / Pickle Spear Potato Chips Mixed Vegetables Cauliflower Tossed Salad Gelatin Cubes</p> <p>Coffee-Tea-Milk</p>	<p>Chicken Wild Rice Soup Beef Macaroni Hotdish Shaved Turkey Sandwich w/Lettuce & Tomato Lima Beans Wax Beans Cinnamon Applesauce Sugar Cookie</p> <p>Coffee-Tea-Milk</p>
<p>Cabbage Roll Casserole Chicken Tator Tot Casserole Country Trio Vegetables Sugar Snap Peas Pineapple and Cottage Cheese Salad Strawberry Shortcake</p> <p>Coffee-Tea-Milk</p>	<p>Spaghetti and Meat Sauce / Garlic Bread Polish Sausage on a Bun with Grilled Onions Italian Vegetables Cauliflower Tossed Salad Chocolate Pudding</p> <p>Coffee-Tea-Milk</p>	<p>Smothered Pork Liver and Onions Red Beans and Rice Sweet Potatoes Spinach Fruit Cocktail Rice Krispy Bar</p> <p>Coffee-Tea-Milk</p>	<p>Italian Sausage Sandwich/Potato Chips Szechwan Beef Stir Fry Peas Zucchini and Tomatoes Blushing Pears Tropical Fruit Parfait</p> <p>Coffee-Tea-Milk</p>	<p>BBQ Beef Sandwich / Tater Tots Crunchy-Baked Fish / Tator Tots W.K. Corn Asparagus Apricots Vanilla Pudding</p> <p>Coffee-Tea-Milk</p>	<p>Tuna Casserole Veggie Chili With Corn Muffin Stewed Tomatoes California Vegetables Creamy Cucumber Salad Pumpkin Bar Wh Gr Bread Coffee-Tea-Milk</p>	<p>Baked Ham Baked Chicken Augratin Potatoes Peas and Carrots Scandinavian Vegetables Coleslaw Apple Cobbler Wh Gr Bread Coffee-Tea-Milk</p>

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MONDAY 2/11/19	TUESDAY 2/12/19	WEDNESDAY 2/13/19	THURSDAY 2/14/19	FRIDAY 2/15/19	SATURDAY 2/16/19	SUNDAY 2/17/19
Fresh fruit is available at all meals						
<p>Orange Juice Fresh Fruit Bagel with Cream Cheese 1 Sausage Patty or Toast Oatmeal Assorted Dry Cereal Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Applewood Bacon Donut Twist Cream of Wheat Assorted Dry Cereal Toast Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Breakfast Burrito Or Toast Malt-O-Meal Assorted Dry Cereal Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Belgian Waffles Sausage Links Or Toast Oatmeal Assorted Dry Cereal Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Scrambled Eggs Or Toast Grits Assorted Dry Cereal Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Sausage Links Sugared Cake Donut Or Toast Cream of Wheat Assorted Dry Cereal Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Apple Wood Bacon Caramel Roll Or Toast Malt-O-Meal Assorted Dry Cereal Toast w/ Jelly Coffee-Milk-Tea</p>
<p>Cabbage Soup BBQ Chicken Potato Wedges Macaroni and Cheese Peas and Carrots Capri Blend Vegetables Tossed Salad with Dressing Chocolate Pie Coffee-Tea-Milk</p>	<p>Beef Vegetable Soup Stuffed Shells / Marinara Sauce Pepperoni and Sausage Calzone Green Beans Chuckwagon Corn Ambrosia Salad Homemade Peanut Butter Cookies Coffee-Tea-Milk</p>	<p>Chicken Noodle Soup Chicken Parmesan with Oven Roasted Potatoes Beef Tator Tot Hot Dish Zucchini & Tomatoes Oriental Vegetables Pickle & Olive Relish Tray Strawberry Yogurt Parfait Coffee-Tea-Milk</p>	<p>Smokey Potato Cheese Soup Beef Tostada Pulled Pork Sandwich / Pickle Spear Tomato Cottage Cheese Salad Wax Beans Scandinavian Vegetables Pecan Pie Coffee-Tea-Milk</p>	<p>Egg Drop Soup 3 Cheese Pizza Fish Sticks / French Fries Broccoli Spinach Coleslaw Orange Sherbet Coffee-Tea-Milk</p>	<p>Tomato Soup Chicken Salad Sandwich Grilled Cheese Sandwich Corn Chateau Vegetables Chilled Juices and Fruit Chocolate Chip Cookies Coffee-Tea-Milk</p>	<p>Vegetarian Vegetable Soup Cheeseburger Hot Dish Chi Dog on a Bun w/Toppings Glazed Carrots California Vegetables 3-Bean Salad Cherry Crisp Coffee-Tea-Milk</p>
<p>Beef Stew / Biscuit Cold Cut Subs / Potato Chips Wax Beans Mixed Vegetables Chilled Pears Raspberry Yogurt Coffee-Tea-Milk</p>	<p>Black Bean Casserole Turkey Tetrazzin Sweet Potatoes Sliced Carrots Peach Pie Orange & Pineapple Salad Coffee-Tea-Milk</p>	<p>Beef Chow Mein over Rice Chicken Pot Pie Steamed Cabbage Sliced Beets Marinated Vegetable Salad Frosted Chocolate Cake Coffee-Tea-Milk</p>	<p><i>Happy Valentine's Day</i></p>	<p>Turkey Pasta Prima Vera Sautee Chicken Breast Baked Potato Brussels Sprouts Squash Diced Peaches Lemon Bars Coffee-Tea-Milk</p>	<p>Manwich Sandwich Chicken Sandwich Tater Tots Green Beans Peas Cinnamon Applesauce Butter Toffee Cookies Coffee-Tea-Milk</p>	<p>Swedish Meatballs Oven Fried Chicken Garlic Herbed Mashed Red Potatoes Stewed Tomatoes Lima Beans Relish Plate Pistachio Pudding Coffee-Tea-Milk</p>

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MONDAY 2/18/19	TUESDAY 2/19/19	WEDNESDAY 2/20/19	THURSDAY 2/21/19	FRIDAY 2/22/19	SATURDAY 2/23/19	SUNDAY 2/24/19
Fresh fruit is available at all meals						
<p>Orange Juice Fresh Fruit Pancakes or Toast and Apple Wood Smoked Bacon Oatmeal Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Raisin Toast / Sausage Patty or Toast Cream of Wheat Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Everything On It Omelet / Toast Malt-O-Meal Assorted Dry Cereal Toast w/ jelly</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit French Toast / Sausage Links or Toast Oatmeal Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Scrambled Eggs Or Toast Hot Cream of Rice Assorted Dry Cereal Toast w/ jelly</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit 2 Sausage Links Sugared Cake Donut Or Toast Cream of Wheat Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Ham Patty Jelly Donut Or Toast Malt-O-Meal Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>
<p>Minestrone Soup Spaghetti with Meat Sauce / Bread Stick Turkey Sub Sandwich Potato Chips Broccoli California Vegetables Tossed Salad Frosted Chocolate Cake</p> <p>Coffee-Tea-Milk</p>	<p>Cream of Asparagus Soup Paprika Chicken BBQ Ribs Mashed Potatoes/Gravy Green Beans Stewed Tomatoes Broccoli & Cauliflower Salad Frozen Yogurt</p> <p>Coffee-Tea-Milk</p>		<p>Cream of Broccoli Soup Beef Lasagna/Garlic Bread Chicken Enchilada Steamed Cabbage Capri Blend Vegetables Tossed Salad Cherry Cobbler</p> <p>Coffee-Tea-Milk</p>	<p>Manhattan Clam Chowder Soup Veggie Burger Sausage And Mushroom Pizza Baby Carrots Broccoli Fresh Fruit Salad Lemon Bars</p> <p>Coffee-Tea-Milk</p>	<p>Chicken Noodle Soup Beef Tator Tot Hot dish Ham Salad Sandwich Lima Beans Italian Vegetables Chilled Apricots Pound Cake Wh Gr Bread</p> <p>Coffee-Tea-Milk</p>	<p>Cabbage Soup Egg Salad Sandwich / Pickle Spear Beef Patty Melt / Pickle Spear Mixed Vegetables Green Beans Chilled Mandarin Oranges Chocolate Pudding Wh Gr Bread</p> <p>Coffee-Tea-Milk</p>
<p>Philly Beef Sandwich Macaroni and Cheese Zucchini Sicilian Vegetables Carrot and Celery Sticks/ranch dressing Strawberry Yogurt Parfait</p> <p>Coffee-Tea-Milk</p>	<p>Chicken & Dumplings Pork Almond Rice Casserole Sweet Potatoes Squash Tropical Fruit Salad Peanut Butter Bar</p> <p>Coffee-Tea-Milk</p>	<p>Burgundy Beef on Noodles Chicken Cesar Salad Spinach Sliced Carrots Cranberry Apple Salad Orange Gelatin Parfait</p> <p>Coffee-Tea-Milk</p>	<p>Vegetable Lo Mein Chicken Strips / French Fries Scandinavian Vegetables Wax Beans Assorted Chilled Juices and Fresh Fruit Lemon Cookie</p> <p>Coffee-Tea-Milk</p>	<p>Tuna Melt / Pickle Spear Swiss Steak / Mashed Potatoes Cauliflower Diced Beets Waldorf Salad Strawberry Yogurt</p> <p>Coffee-Tea-Milk</p>	<p>Western Potatoes Corn Dogs Potato Wedges Corn Peas Cottage Cheese Salad Butter Toffee Cookie</p> <p>Coffee-Tea-Milk</p>	<p>Roast Turkey Chicken Fried Steak Stuffing/Gravy Collard Greens Sliced Carrots Relish Tray with Cranberry Sauce Pumpkin Pie</p> <p>Coffee-Tea-Milk</p>