



Nutritionized Menu



February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2/1 Popcorn Chicken Rotini Pasta Green Beans Fresh Orange Wheat Bread	2/2 Pancakes/Eggs & Syrup Winter Blend Fresh Apple Diced Parsley Potatoes	2/3 BBQ Meatballs Mashed Potatoes Corn Tropical Fruit Wheat Dinner Roll	2/4 Bourbon St. Chicken Steamed Brown Rice Fresh Steamed Broccoli Fresh Orange	2/5 Macaroni & Cheese Peas & Carrots Applesauce Rye Bread
2/8 Rotini Pasta & Meat Sauce QC Vegetable Blend Pineapple Chunks Wheat Bread	2/9 Turkey and Cheese Wrap Steamed Brown Rice Spanish Black Beans Fresh Orange Soft Flour Tortilla	2/10 Beef Taco Shredded Lettuce Shredded Cheddar Cheese Cauliflower Diced Pears Soft Flour Tortilla	2/11 Parmesan Noodles with Chicken Diced Carrots Banana Italian Bread	2/12 Mini Corn Dogs Fresh Steamed Broccoli Fresh Pear
2/15 Turkey Hot Dog & Ketchup Mashed Potatoes Corn Fresh Apple Hot Dog Bun	2/16 Shells & Cheese Green Beans Banana Rye Bread	2/17 Meatballs in Gravy Steamed Brown Rice Fresh Steamed Broccoli Pineapple Chunks Wheat Bread	2/18 Cheeseburger Casserole 3 Way Vegetable Blend Applesauce Italian Bread	2/19 Hamburger Au Jus & Ketchup Diced Sweet Potatoes Corn Fresh Orange Mini Wheat Hamburger
2/22 Turkey in Country Gravy Mashed Potatoes Peas Diced Pears Wheat Bread	2/23 Cheesy Ham & Hash Browns Fresh Steamed Broccoli Fresh Orange Italian Bread	2/24 Chicken Tender Wrap Shredded Lettuce 3 Way Vegetable Blend Pineapple Chunks Shredded Cheddar Cheese Soft Flour Tortilla	2/25 Chicken and Rice Bake QC Vegetable Blend Cinnamon Applesauce Rye Bread	2/26 Sloppy Joe Diced Parsley Potatoes Green Beans Fresh Apple Mini Wheat Hamburger Bun