



February 2023



| MONDAY 6 | | TUESDAY 7 | | WEDNESDAY 8 | | THURSDAY 9 | | FRIDAY 10 | |
|---|--|--|--|---|--|---|--|--|--|
| Pepper Steak Steamed Rice Pilaf Steamed California Blend Coleslaw WW roll w/Margarine Fruit cocktail | | Pork Chops w/Gravy Steamed Chopped Spinach/Onions Winter Blend Vegetables Biscuit Fresh Apple | | Chicken Pot Pie/Mixed Veg Diced Potatoes, Celery, Onions (in Pie) Steamed Green Beans Carrot & Raisin Salad WW roll w/Margarine Apricot Halves | | Beef Burrito w cheese/RC Zucchini & Onions Steamed Corn Shredded lettuce/Diced Tomatoes Chilled Diced Peaches | | Ham & Cheese Sandwich 3 Bean Salad Coleslaw Green leaf lettuce /Tomato Banana Oatmeal Raisin Cookie | |
| MONDAY 13 | | TUESDAY 14 | | WEDNESDAY 15 | | THURSDAY 16 | | FRIDAY 17 | |
| BBQ Chicken Breast Steamed Broccoli Seasoned Corn Cucumber/Onion Salad WW roll w/Margarine Sliced Watermelon | | Carne Adovada Pinto Beans Zucchini & Onions Tortilla Chocolate Cake/Whpd Topping | | 3 Cheese Baked Macaroni/w Marinara Sauce Steamed Italian Vegetables Steamed Green Beans Caesar Salad w LF Dressing Garlic breadstick Pinapple Chunks | | Soft Beef Taco w/Salsa Spanish Rice Pinto Beans Shredded lettuce/Diced Tomatoes Fresh oranges | | Tuna & Egg Salad Sandwich Lettuce, Tomato, Pickle Spear Fresh Baby Carrots Beet & Red Onion Salad Chilled Mixed Fruit | |
| MONDAY 20 | | TUESDAY 21 | | WEDNESDAY 22 | | THURSDAY 23 | | FRIDAY 24 | |
| Salisbury Steak w/gravy Scalloped Potatoes Broccoli Kale slaw WW roll w/margarine Chilled Diced Peaches | | GC Cheese Enchiladas Pinto Beans Calabacitas/Green Chile Shredded lettuce/Diced Tomatoes Jello&Fruit | | Baked Chicken Thighs Baked Potato Carrot Coins Green Pea and Carrot Salad WW roll w/Margarine Tropical Fruit | | Meat Loaf w/gravy Mashed Potatoes Steamed Cauliflower Tossed salad w/dressing Apple Biscuit w/ margarine | | Baked Fish Rice Pilaf California Vegetables Mixed Green Salad w LF Dressng WW roll w/margarine Banana | |
| MONDAY 27 | | TUESDAY 28 | | | | | | | |
| Country Fried Steak Mashed potatoes w/gravy Steamed Carrots Coins Tossed Salad w/dressing WW roll w/margarine Applesauce | | Frito Pie w/Beef & Beans Seasoned Chuckwagon Corn Shredded Lettuce Diced Tomato Flour Tortilla Chilled Fruit Cocktail | | | | | | Canned fruit pack in water or light syrup WW=Whole Wheat GC= Green Chili RC=Red Chili Milk served with each meal | |
| <p>menu subject to change</p> <p style="text-align: center;">Final Draft</p> | | | | | | | | | |