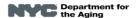


FEBRUARY MEAL CALENDAR 2023

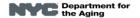


BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Farmers Market Individual Omelets Home Fries Mini Croissant Raisin Bran Cereal Fruit, Juice and Milk	2 Home Fries Shakshuka Original Life Cereal Plain Pita Fruit, Juice and Milk	3 Plain French Toast (pre- prepared) (2) Turkey Bacon Farina Fruit, Juice and Milk
6 Scrambled Eggs with Swiss Home Fries with Peppers and Onions Whole Wheat Bread Fruit, Juice and Milk	7 Pancakes (pre-prepared) (2) Pork Sausage Link Oatmeal (1/2 cup) Fruit, Juice and Milk	8 Eggs Benedict Home Fries with Peppers and Onions Raisin Bran Cereal Fruit, Juice and Milk	9 Plain French Toast (pre- prepared) (2) Turkey Sausage Link Bran Flakes Cereal Fruit, Juice and Milk	10 Grilled Cheese Sliced Tomatoes Turkey Bacon Oatmeal (1/2 cup) Fruit, Juice and Milk
13 Egg a la Mexicana Bran Flakes Cereal Whole Wheat Tortilla Apple Juice Fruit, Juice and Milk	14 Turkey Sausage Patty Waffles (Pre-Prepared) (2) Raisin Bran Cereal Fruit, Juice and Milk	15 Home Fries Shakshuka Plain Pita Fruit, Juice and Mil	16 Cinnamon French Toast Pork Sausage Link Fruit, Juice and Milk`	17 Western Frittata English Muffin, Whole Wheat Oatmeal (1 cup) Fruit, Juice and Milk
20 Center Closed- Presidents Day	21 Home Fries Scrambled Eggs with Swiss Whole Wheat Bread Fruit, Juice and Milk	Farmers Market Individual Omelets Mini Croissant Raisin Bran Cereal Fruit, Juice and Milk`	Pork Sausage Link Waffles (Pre-Prepared) Toasted Oats Cereal Fruit, Juice and Milk	24 Grilled Mozzarella and Tomato Whole Wheat Sandwich Bran Flakes Cereal Fruit, Juice and Milk
27 Cheesy Grits Scrambled Eggs Mini Whole Wheat Bagel Raisin Bran Cereal Fruit, Juice and Milk`	28 Pancakes (pre-prepared) (2) Pork Sausage Link Bran Flakes Cereal Fruit, Juice and Milk	In Person Breakfast Monday – Friday 9:00 AM – 10:00 AM 2nd FL. Dining Room Seating starts @8:30AM. Last ticket sold @9:55AM to sit down and eat. Everyone must finish eating by 10:30AM*		



FEBRUARY MEAL CALENDAR 2023



LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Three Bean Chili with Cheddar Cheese Brown Rice (1 cup) Cornbread Steamed Cauliflower Fruit and Milk	2 White Bean Soup Chicken Parmigiana Garlic Bread Sautéed String Beans Fruit and Milk	3 Baked Salmon with Cilantro Citrus Sauce Challah Bread Baked Sweet Potato Cali Blend Veggies Fruit and Milk
6 Chicken Barley Soup Breaded Fish Baked Potato Wedges Creamed Spinach Fruit and Milk	7 Baked Mushroom Chicken WW Dinner Roll Broccoli and Peppers Cauliflower and Potato Mash Fruit and Milk	8 Butternut Squash Soup Vegetable Lasagna Garlic Bread California Blend Vegetables Fruit and Milk	9 BBQ Pork Chops WW Dinner Roll Baked Macaroni and Cheese Braised Collard Greens Fruit and Milk	10 Ginger and Lime Salmon Quinoa (1 cup) Baby Spinach Salad with Lemon Vinaigrette Fruit and Milk
13 Vegetarian Chili Brown Rice Cornbread Mixed Green Salad Fruit and Milk	14 Lentil Soup Chicken Breast with Fresh Tomato and Feta Plain Pita Baked Red Potato Beet Salad Fruit and Milk	15 Hamburgers Whole Wheat Hamburger Bun Health Slaw Potato Salad Fruit and Milk	Egg Drop Soup Sweet and Sour Pork Chop Rice with Vegetables Broccoli with Toasted Garlic Fruit and Milk	17 Salmon in Garlic Butter Sauce WW Dinner Roll Potato Pancake Steamed Peas and Carrots Fruit and Milk
Center Closed - Presidents Day	21 Mushroom Barley Soup Baked Pork Chops Whole Wheat Dinner Roll Garlic and Rosemary Roasted Potatoes Fruit and Milk	22 California Veggie Burger Lettuce and Tomato Whole Wheat Hamburger Bun Mixed Green Salad Sweet Potato Fries Fruit and Milk	23 White Bean Soup Meat Sauce Garlic Bread Penne (1/2 cup) Arugula Salad with Balsamic Vinaigrette Fruit and Milk	24 Sweet Potato Coconut Curry Fish Brown Rice with Pigeon Peas Sautéed String Beans Fruit and Milk
27 Turkey Bean Chili Brown Rice (1 cup) Cornbread Mixed Green Salad Fruit and Milk	28 BBQ Pulled Pork Whole Wheat Hamburger Bun Cabbage Carrot Slaw Roasted Potatoes Fruit and Milk Ambrosia Fruit Salad	In Person Lunch Monday – Friday 12:00 PM – 1:00 PM 2nd FL. Dining Room Seating starts @11:30AM. Last ticket sold @12:55PM to sit down and eat. Everyone must finish eating by 1:30 PM*		