

WEEK 3	MONDAY 2/11	TUESDAY 2/12	WEDNESDAY 2/13	THURSDAY 2/14	FRIDAY 2/15
<p><u>Breakfast</u> Served 8:30am-10:00am -Suggested Contribution of \$1.00 -Guests under 60 are required to pay \$1.50 -Tickets available 7:30am to 9:55am</p>	Scrambled Eggs with Swiss Whole Wheat Mini Bagel Grits Banana Apple Juice Milk, Low Fat 1%	Cinnamon French Toast Turkey Sausage Patty Multigrain Cheerios Apple Orange Juice Milk, Low fat, 1% Pancake Syrup	Whole Wheat English Muffin with Turkey Bacon, Lettuce & Tomato Oatmeal Apple Juice Canned Pears Milk, Low fat 1%	Waffles Turkey Bacon Fiber One Cereal Pineapple Juice Banana Milk, Low Fat, 1%	Farmers Market Individual Omelets Raisin Bread Cereal Whole Wheat Bread Orange Pineapple Juice Pear Milk, Low Fat 1%
<p><u>Lunch</u> Served 12:00-1:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 10:30am to 12:55pm</p>	Cranberry Chicken Whole Wheat Bread Dominican Moro Beet Salad Orange Milk, Low Fat, 1%	<p>Lunar New Year Luncheon!</p> Stir Fried Chicken With Oriental Vegetables Over Lo Mein Noodles Oranges Green Tea	Meat Sauce over Smashed Red Potatoes Whole Wheat Bread Italian Cut Green Beans Orange Milk, Low Fat, 1%	Tender Pork Medallions with Rich Onion Sauce Brown Rice Cabbage Carrot Slaw Orange Milk, Low Fat, 1%	Baked Fish With Garlic Sauce With Ziti Whole Wheat Bread Baby Spinach Salad Canned Pineapple Milk, Low Fat, 1%
<p><u>Dinner</u> Served 5:00pm-6:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 3:30pm to 5:50pm</p>	Chicken Rice Soup Baked Chicken Thighs With Light Basil Cream Sauce Whole Wheat Bread Baby Spinach Salad Orange Milk, Low Fat, 1%	Salisbury Steak Brown Rice (1/2 cup) Butternut Squash Soup Mixed Vegetables Orange Milk, low fat, 1%	Vegetable Baked Ziti with Whole Wheat Pasta Whole Wheat Bread Mixed Green Salad Banana Milk, Low Fat, 1%	Basic Shepherd's Pie Whole Wheat Bread Lemony Cucumber and Tomato Salad Fruit Cocktail Milk, Low Fat, 1%	Tukey Cheeseburger On Whole Wheat Bun Vegetable Soup Pineapple (Fresh) (1/2 cup) Milk, Low Fat, 1%



Menu is subject to change.

WEEK 4	MONDAY 2/18	TUESDAY 2/19	WEDNESDAY 2/20	THURSDAY 2/21	FRIDAY 2/22
<p><u>Breakfast</u> Served 8:30am-10:00am -Suggested Contribution of \$1.00 -Guests under 60 are required to pay \$1.50 -Tickets available 7:30am to 9:55am</p>	<p>CLOSED PRESIDENTS DAY</p>	<p>Cinnamon French Toast with Frozen Mixed Berries Turkey Bacon Oatmeal Pineapple Juice Orange Milk, Low Fat, 1%</p>	<p>Grilled Mozzarella and Tomato Sandwich Cheesy Grits Apple Juice Banana Milk, Low Fat, 1%</p>	<p>Scrambled Eggs with Swiss with Whole Wheat English Muffin Oatmeal with Raisins Pear Orange Juice Milk, Low Fat, 1%</p>	<p>Pancakes Turkey Sausage Patty Grits Apple Juice Apple Milk, Low Fat, 1%</p>
<p><u>Lunch</u> Served 12:00-1:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 10:30am to 12:55pm</p>		<p>Baked Macaroni and Cheese Roasted Broccoli Canned Pineapple Milk, Low Fat, 1%</p>	<p>Baked Pork Chops Fresh Tomato Salsa Whole Wheat Bread Baked Potatoes Prince Edward Blend Vegetables Banana Milk, Low Fat, 1%</p>	<p>Palak Spinach Chicken White Rice Creamy Spinach Canned Pears Milk, Low Fat, 1%</p>	<p>Sweet Orange Salmon with Tartar Sauce Brown Rice Whole Wheat Bread Asian Cabbage Apple Milk, Low Fat, 1%</p>
<p><u>Dinner</u> Served 5:00pm-6:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 3:30pm to 5:50pm</p>		<p>Cheeseburger w/Onions on Whole Wheat Bun Vegetable Soup Smashed Red Potato Orange Milk, Low Fat, 1%</p>	<p>Cabbage And Chicken Soup Tuna Fish Salad or Egg Salad with Lettuce and Tomato Whole Wheat Hamburger Bun Tossed Salad Pear Milk, Low Fat, 1%</p>	<p>Minced Beef with Peas with Pasta Steamed Broccoli with Soy Sauce Sliced Canned Peaches Milk, Low Fat, 1%</p>	<p>BBQ Chicken Breasts with Whole Wheat Bread Garlic Boiled Vegetable Baked Fries Orange Milk, Low Fat, 1%</p>

WEEK 5	MONDAY 2/25	TUESDAY 2/26	WEDNESDAY 2/27	THURSDAY 2/28	FRIDAY 2/29
<p><u>Breakfast</u> Served 8:30am-10:00am -Suggested Contribution of \$1.00 -Guests under 60 are required to pay \$1.50 -Tickets available 7:30am to 9:55am</p>	<p>Waffles Turkey Sausage Link Oatmeal with Raisins and Almond Orange Juice Apple Milk, Low fat 1%</p>	<p>Scrambled Eggs with Swiss Raisin Bran Cereal Whole Wheat Bread Banana Orange Pineapple Juice Milk, low fat, 1%</p>	<p>Pancakes Turkey Sausage Patty Bran Flakes Cereal Fruit Cocktail Apple Juice Milk, low fat,1%</p>	<p>Cinnamon French Toast Raisin Bran Cereal Orange Pineapple Juice Milk Low Fat,1%</p>	<p>Scrambled Eggs with Red Peppers and Onions Bran Flake Cereal with Dried Cranberry Whole Wheat Bread Pear Apple Juice Milk, Low Fat,1%</p>
<p><u>Lunch</u> Served 12:00-1:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 10:30am to 12:55pm</p>	<p>Curried Chicken Breast Whole Wheat Bread Black Beans and Rice Boiled Southern Greens Orange Milk, Low Fat, 1%</p>	<p>Baked Pork Chops with Sweet and Sour Sauce Whole Wheat Bread Russian Tomato Salad Spiced Sweet Potatoes Apple Milk, Low Fat, 1%</p>	<p>Turkey Meatloaf with Mushroom Gravy with Rice Pilaf Steamed Peas and Carrots Grapes Milk, Low Fat, 1%</p>	<p>Garlic Chicken Meatballs with Ziti with Light Basil Cream Sauce Whole Wheat Bread Italian Cut Green Beans Orange Milk, low fat, 1%</p>	<p>Salmon Cakes with Dill Lemon Sauce Whole Wheat Bread Beet Salad Smashed Red Potatoes Canned Pineapple Milk, low fat, 1%</p>
<p><u>Dinner</u> Lettuce and Tomato Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 3:30pm to 5:50pm</p>	<p>Cheese Blintzes Challah Bread Cucumber Tomato Salad Creamy Mushroom Soup Apple Milk, Low fat, 1%</p>	<p>Baked Ziti with Meat Sauce Whole Wheat Bread Chickpea Salad and Tomatoes with Parsley Orange Milk, Low fat, 1%</p>	<p>Black History Month Dinner Oven Fried Chicken White Rice and Peas Collard Greens Corn Bread Banana Milk, Low Fat, 1%</p>	<p>Whole Wheat Cheese Pizza Cream of Spinach Soup Arugula Salad with Balsamic Vinegar Orange Milk, Low Fat, 1%</p>	<p>Cheeseburger w/Onions on Whole Wheat Bun Tossed Salad Baked Fries Grapes Milk, Low Fat, 1%</p>

WEEK 6	MONDAY 3/4	TUESDAY 3/5	WEDNESDAY 3/6	THURSDAY 3/7	FRIDAY 3/8
<p><u>Breakfast</u> Served 8:30am-10:00am -Suggested Contribution of \$1.00 -Guests under 60 are required to pay \$1.50 -Tickets available 7:30am to 9:55am</p>	<p>Waffles with Frozen Mixed Berries Turkey Bacon Oatmeal Pear Apple Juice Milk, Low Fat, 1%</p>	<p>Pancakes Turkey Sausage Patty Raisin Bran Cereal Apple Orange Juice Milk, Low Fat, 1%</p>	<p>Hard Boiled Egg Turkey Bacon Whole Wheat Bread Banana Pineapple Juice Milk, Low Fat, 1%</p>	<p>Omelets with Peppers and Onions Turkey Bacon Whole Wheat Bread Raisin Bran Cereal Orange Orange Pineapple Juice Milk, Low Fat, 1%</p>	<p>Grilled Mozzarella and Tomato Sandwich Maypo Pear Apple Juice Milk, Low Fat, 1%</p>
<p><u>Lunch</u> Served 12:00-1:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 10:30am to 12:55pm</p>	<p>Salisbury Steak with Brown Gravy and Kashmir Rice Israeli Salad Banana Milk, Low Fat, 1%</p>	<p>Meat Sauce with Chunky Peppers in Tomato Sauce with Bowtie Pasta Tangy Green Beans Fruit Cocktail Milk, Low Fat, 1%</p>	<p>Spaghetti Carbonara with Green Peas with Turkey Bacon Creamed Spinach Orange Milk, Low Fat, 1%</p>	<p>Baked Chicken Breast with Diced Pineapple Sauce with Cuban Style Brown Rice Lemon Garlic Escarole Pear Milk, Low fat, 1%</p>	<p>Salmon in Garlic Butter Sauce with Brown Rice with Beans California Blend Vegetables Canned Pineapple Milk, Low Fat, 1%</p>
<p><u>Dinner</u> Served 5:00pm-6:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 3:30pm to 5:50pm</p>	<p>Chicken Rice Soup Tuna Melt Cole Slaw Banana Milk, Low Fat, 1%</p>	<p>Creamy Beef and Mushroom Sauce with Whole Wheat Bread Vegetable Soup Homemade Mashed Potatoes Pineapple Milk, Low Fat, 1%</p>	<p>White Bean Soup Arroz Con Pollo– Chicken Breast and Rice Italian Blend Vegetables Orange Milk, Low Fat, 1%</p>	<p>Deli Roast Beef with Brown Gravy Whole Wheat Bread Normandy Blend Pineapple Milk, Low Fat, 1%</p>	<p>Spanish Chicken with Potatoes and Garlic Whole Wheat Bread Yellow Squash Orange Milk, Low Fat, 1%</p>