


















FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>BLACK HISTORY MONTH</b></p>  <p>Carver</p>	 		<p><b>1</b></p> <p>Chilled Juice Baked Fish Macaroni &amp; Cheese Winter Vegetable Blend WW Bread w/Margarine Tapioca Pudding w/Granola</p> 
<p><b>4</b></p> <p>Chilled Apple Juice Meat Lasagna Buttered Carrots Toss Salad w/Dressings Italian Bread w/Margarine Orange Sherbet</p>	<p><b>5</b></p> <p>Chilled Cranberry Juice Chicken &amp; Dumplings Baked Sweet Potato Half Garden Vegetables Dinner Roll w/Margarine Chocolate Cake w/Topping</p>	<p><b>6</b></p> <p>Chilled Juice Meatloaf w/Gravy Scalloped Potatoes Country Blend Vegetables WW Bread w/Margarine Fresh Apple or Applesauce Cup</p> 	<p><b>7</b></p> <p>Chilled Juice Vegetable Beef Soup Tuna Salad on Rye Bread Lettuce &amp; Tomatoes Cucumber &amp; Tomato Salad Vanilla Yogurt Parfait</p>	<p><b>8</b></p> <p>Chilled Juice Roast Turkey w/Gravy Mashed Potatoes Vegetable Blend WW Bread w/Margarine Fruit Cocktail</p>
<p><b>11</b></p> <p>Chilled Orange Juice Ham w/Raisin Sauce Glazed Sweet Potatoes Collard Greens WW Bread w/Margarine Peaches</p>	<p><b>12</b></p> <p>Chilled Juice Hamburger Steak w/ Gravy Red Skin Mashed Potatoes Harvard Beets Roll w/Margarine Fruit Ambrosia</p> 	<p><b>13</b></p> <p>Chilled Juice Orange Chicken Brown Rice French Style Green Beans WW Bread w/Margarine Pineapple Upside Down Cake</p>	<p><b>14</b></p> <p>Chilled Juice Chef Salad w/Crackers Ham/Turkey/Cheese Tomato &amp; Egg Wedges Pickle Spear Fresh Orange</p> 	<p><b>15</b></p> <p>Chilled Juice Roast Beef w/Gravy Dumplings Glazed Carrots WW Bread w/Margarine Vanilla Pudding w/Granola</p>
<p><b>18</b></p> <p><b>PRESIDENTS DAY</b></p>  <p><b>CENTERS CLOSED</b></p>	<p><b>19</b></p> <p>Chilled Juice Vegetable Beef Soup Chicken Salad on Rye Bread Lettuce &amp; Tomatoes Oatmeal Raisin Cookies</p> 	<p><b>20</b></p> <p>Chilled Juice Baked Fish Macaroni &amp; Cheese Stewed Tomatoes Cornbread w/Margarine Fresh Fruit</p>	<p><b>21</b></p> <p>Chilled Juice Fried Chicken Macaroni Salad Broccoli &amp; Cauliflower Blend Sweet Potato Biscuit w/Margarine Birthday Cake</p>	<p><b>22</b></p> <p>Chilled Juice Spaghetti &amp; Meat Sauce Tossed Salad Assorted Dressings Buttered Carrots Italian Bread w/Margarine Orange Sherbet</p>
<p><b>25</b></p> <p>Chilled Juice Salisbury Steak w/Gravy Baked Potato Harvard Beets WW Bread w/Margarine Peach Crisp</p>	<p><b>26</b></p> <p>Chilled Juice Roast Pork w/Gravy Buttered Noodles Mixed Vegetables Rye Bread w/Margarine Chocolate Chip Cookies</p>	<p><b>27</b></p> <p>Chilled Juice Chili w/Beans Brown Rice Oriental Blend Vegetables Biscuit w/Margarine Ice Cream</p> 	<p><b>28</b></p> <p>Chilled Juice BBQ Chicken Cole Slaw Country Vegetable Blend WW Bread w/Margarine Fresh Apple or Applesauce Cup</p>	 <p><b>MARCH FOR MEALS FUNDRAISING DINNER</b></p> <p>Thursday, March 21, 2019 See your Center Director For Details</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>BLACK HISTORY MONTH</b></p>  <p>Carver</p>			<p><b>1</b></p> <p>Calories 615 Protein 43 gms Fiber 6.2 gms Fat 9.75 gms Sodium 859 mgs</p>
<p><b>4</b></p> <p>Calories 628 Protein 28 gms Fiber 10.3 gms Fat 17 gms Sodium 738 mgs</p>	<p><b>5</b></p> <p>Calories 792 Protein 48 gms Fiber 6 gms Fat 18 gms Sodium 610 mgs</p>	<p><b>6</b></p> <p>Calories 652 Protein 34.5 gms Fiber 12.5 gms Fat 23 gms Sodium 763 mgs</p>	<p><b>7</b></p> <p>Calories 648 Protein 42 gms Fiber 6.5 gms Fat 22 gms Sodium 635 mgs</p>	<p><b>8</b></p> <p>Calories 791 Protein 45 gms Fiber 10 gms Fat 19 gms Sodium 1046 mgs</p>
<p><b>11</b></p> <p>Calories 640 Protein 29 gms Fiber 8 gms Fat 13 gms Sodium 1060 mgs</p>	<p><b>12</b></p> <p>Calories 788 Protein 40 gms Fiber 6 gms Fat 18.5 gms Sodium 501 mgs</p>	<p><b>13</b></p> <p>Calories 958 Protein 37 gms Fiber 8.4 gms Fat 37 gms Sodium 717 mgs</p>	<p><b>14</b></p> <p>Calories 483 Protein 34 gms Fiber 7.25 gms Fat 40 gms Sodium 925 mgs</p> 	<p><b>15</b></p> <p>Calories 904 Protein 46 gms Fiber 9 gms Fat 24 gms Sodium 775 mgs</p>
<p><b>18</b></p> <p><b>PRESIDENTS DAY</b></p>  <p><b>CENTERS CLOSED</b></p>	<p><b>19</b></p> <p>Calories 773 Protein 59 gms Fiber 4 gms Fat 29 gms Sodium 733 mgs</p>	<p><b>20</b></p> <p>Calories 639 Protein 40 gms Fiber 4 gms Fat 14 gms Sodium 770 mgs</p>	<p><b>21</b></p> <p>Calories 732 Protein 48 gms Fiber 8.4 gms Fat 18.8 mgs Sodium 715 mgs</p>	<p><b>22</b></p>  <p>Calories 959 Protein 43 gms Fiber 9 gms Fat 21 gms Sodium 744 mgs</p>
<p><b>25</b></p> <p>Calories 777 Protein 36 gms Fiber 5 gms Fat 27 gms Sodium 712 mgs</p>	<p><b>26</b></p> <p>Calories 672 Protein 21 gms Fiber 3 gms Fat 21 gms Sodium 676 mgs</p>	<p><b>27</b></p> <p>Calories 638 Protein 27 gms Fiber 8 gms Fat gms Sodium 806 mgs</p>	<p><b>28</b></p> <p>Calories 589 Protein 39 gms Fiber 9 gms Fat 20 gms Sodium 718 mgs</p>	 <p><b>MARCH FOR MEALS FUNDRAISING DINNER</b></p> <p>Thursday, March 21, 2019 See your Center Director For Details</p>

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