# February 2012

| MONDAY | TUESDAY | WEDNESDAY<br>1st | THURSDAY<br>2nd | FRIDAY<br>3rd |
|---|---|---|---|---|
| | | Three Cheese Pita Pizza<br><br>Or<br><br>Grilled Turkey Cheese Sandwich<br><br>Roasted Brussel Sprouts | (DF)<br>Baked Ham<br><br>Or<br><br>Egg Salad Sandwich<br><br>Cheesy Cauliflower Soup | Chicken Nachos<br><br>Or<br><br>Chicken Taco<br><br>Black Bean Soup |
| **MONDAY<br>6th** | **TUESDAY<br>7th** | **WEDNESDAY<br>8th** | **THURSDAY<br>9th** | **FRIDAY<br>10th** |
| (DF)<br>Turkey Dogs<br><br>Or<br><br>Hummus ,Carrot, and Cabbage Wrap<br><br>Corned Beef and Cabbage Soup | (DF)<br>Rotini Pasta Bolognese<br><br>Or<br><br>Turkey & Cheese Sub<br><br>Roasted Zucchini | French Bread Pizza<br><br>Or<br><br>Vegetable- Quinoa In Grilled Tortilla<br><br>Spaghetti Squash | (DF)<br>Chicken Gyro<br><br>Or<br><br>Vegetable Gyro<br><br>Greek Salad | Grilled Cheese<br><br>Or<br><br>Cobb Wrap<br><br>Tomato Basil Soup |
| **MONDAY<br>13th** | **TUESDAY<br>14th** | **WEDNESDAY<br>15th** | **THURSDAY<br>16th** | **FRIDAY<br>17th** |
| (DF)<br>Barbequed Chicken Sandwich<br><br>Or<br><br>Turkey Cheese on Wheat<br><br>Green Beans | Beef Lasagna<br><br>Or<br><br>Cheese Lasagna<br><br>Roasted Carrots | (DF)<br>Hot Turkey Sandwich<br><br>Or<br><br>Chicken Caesar Wrap<br><br>Mashed Potatoes with Gravy | Chicken Ala King<br><br>Or<br><br>Ham & Cheese Sandwich<br><br>Roasted Cauliflower | (DF)<br>Sloppy Joes<br><br>Or<br><br>Baked Turkey Pita Melt<br><br>Bulgur Parsley Salad |

| MONDAY<br>20th | TUESDAY<br>21st | ASH WEDNESDAY<br>22nd | THURSDAY<br>23rd | FRIDAY<br>24th |
|---|---|---|---|---|
| (DF)<br>Plevalean Burger<br><br>Or<br><br>Turkey Corn Chowder<br><br>Red Skin Potatoes | Macaroni and Cheese<br><br>Or<br><br>Chicken Noodle Soup<br><br>Steamed Corn | (DF)<br>Waffles<br><br>And<br><br>Scrambled Eggs<br><br>Fresh Fruit | (DF)<br>Baked Chicken Wings<br><br>Or<br><br>Beef Stew<br><br>Potato Bar | Cheese Quesadilla<br><br>Or<br><br>Fish Taco<br><br>Red Beans and Rice |
| **MONDAY<br>27th** | **TUESDAY<br>28th** | **WEDNESDAY<br>29th** | | |
| (DF)<br>Pulled Pork Sandwich<br><br>Or<br><br>Ham Rollup Sandwich<br><br>Braised Cabbage | (DF)<br>Chicken Cacciatori with Rotini Noodles<br><br>Or<br><br>Italian Sub<br><br>Steamed Broccoli | French Bread Pizza<br><br>Or<br><br>Turkey Cheese on Wheat<br><br>Wild Rice Medley | | |
| **Every Day** | **Every Day** | **Every Day** | **Every Day** | **Every Day** |
| Milk, Fruit, Fresh Veggies,<br>Grain or Bread | Milk, Fruit, Fresh Veggies,<br>Grain or Bread | Milk, Fruit, Fresh Veggies,<br>Grain or Bread | Milk, Fruit, Fresh Veggies,<br>Grain or Bread | Milk, Fruit, Fresh Veggies,<br>Grain or Bread |

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