



♥ HAPPY  
Valentine's  
DAY ♥



TUESDAY			FRIDAY		
1/3 & 31 - 2/28 - 3/28			1/6 - 2/3 - 3/3 & 31		
Swedish Meatballs; Brown Rice & Barley Blend w/ Roasted Vegetables; Sliced Apples	3 Bean Vegetable Soup; Couscous; Tropical Fruit; Wheat Roll	Lemon Pepper Chicken w/ Jasmine Rice; Acorn Squash; Strawberries w/ Oats	Turkey Tretrazzini w/ Spaghetti; Peas; Oatmeal w/ Raisins	<b>Shrimp &amp; Grits; Stewed Tomatoes; Green Beans; Oat &amp; Orange Parfait</b>	Baked Ham & Cheese Sandwich on Multigrain; Roasted Carrots; Pineapple
1/10 - 2/7 - 3/7			1/13 - 2/10 - 3/10		
BBQ Chicken w/ Coleslaw; Baked Beans; Oat Muffin	<b>Tuna Melt on Rye Bread; Roasted Cauliflower; Stewed Tomato</b>	Corned Beef & Cabbage; Quinoa & Vegetable Salad; Cornbread	3 Bean & Vegetable Chili; Sliced Apples; Garlic Bread	Teriyaki Chicken w/ Vegetable Wild Rice; Orange; Fortune Cookie	Blackberry Pork w/ Vegetables & Barley; Yellow Squash; Roll
1/17 - 2/14 - 3/14			1/20 - 2/17 - 3/17		
Chicken Cordon Bleu; Orzo Pasta; Asparagus; Oat & Berry Parfait	BBQ Ribs w/ Mac n Cheese; Roasted Corn & Peas; Pineapple	Turkey & Cheese on Wheat Rolls; Broccoli Salad; Tropical Fruit	Beef Stroganoff w/ Garden Rice; Oatmeal w/ Blueberries	Roasted Turkey w/ Gravy; Vegetable Stuffing; Green Beans; Oat Muffin	Cream of Chicken & Vegetable Soup; Sliced Apples; Wheat Crackers
1/24 - 2/21 - 3/21			1/27 - 2/24 - 3/24		
Vegetable & Navy Bean Soup w/ Tofu; Cheddar Wheat Biscuit; Oats & Strawberries	Rueben Sandwich on Rye; Brussels Sprouts; Carrot & Raisin Salad	Meatloaf w/ Creamed Potato; Green Beans; Pineapple & Oat Parfait	NC Pulled Pork BBQ w/ Slaw; Baked Beans; Tropical Fruit Medley	Baked Spaghetti Casserole w/ Vegetables; Peaches & Oats; Quinoa & Veg Salad	Chicken Fajitas w/ Tortillas; Spanish Vegetables & Rice; Pineapple
<b>*** Items containing seafood are printed in red ***</b>					