



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
BBQ Rib Sandwich
Baked Beans
Choice of Vegetable
Choice of Fruit
Milk

2
Beef & Macaroni
w/breadstick
Garden Salad
Choice of Fruit
Milk

3
Nachos Beef &
Cheese
Mexicali Corn
Choice of Fruit
Milk

4
Chicken Nuggets
w/roll
Mashed Potatoes &
Gravy
Choice of Fruit
Milk

5
Tuna Salad Sandwich
w/potato soup
Choice of Vegetable
Choice of Fruit
Milk

8
Coney Dog
Choice of Vegetable
Choice of Fruit
Milk

9
Sloppy Joe Sandwich
Choice of Vegetable
Choice of Fruit
Milk

10
Walking Taco
Refried Beans
Choice of Fruit
Milk

11
Sweet & Sour Chicken
w/steamed white rice
Choice of Vegetable
Choice of Fruit
Milk

*BONUS:
Fortune Cookie*

12
Spaghetti Marinara
w/breadstick
Choice of Vegetable
Choice of Fruit
Milk

15
Meatball Sub
Choice of Vegetable
Choice of Fruit
Milk

16
Ravioli w/breadstick
Garden Salad
Choice of Fruit
Milk

17 *Happy
St. Patrick's Day*
Irish Stew w/roll
Choice of Vegetable
Irish Jell-O
Milk *BONUS:
Iced Irish Cookie*

18
Chicken Strips w/roll
Mashed Potatoes &
Gravy
Choice of Fruit
Milk

19
Baked Fish Sandwich
Macaroni & Cheese
Choice of Fruit
Milk

Honoring Lent every Friday starting February 19 until Easter

22
Mini Corn Dogs
Choice of Vegetable
Choice of Fruit
Milk

23
Grilled Cheese Sand.
w/tomato soup
Choice of Vegetable
Choice of Fruit
Milk

24
Chicken Chili Burrito
Mexicali Corn
Choice of Fruit
Milk

25
Baked Chicken w/roll
Mashed Potatoes &
Gravy
Choice of Fruit
Milk

26
3- Cheese Calzone
Garden Salad
Choice of Fruit
Milk

Did You Know...

Have you ever picked fresh vegetables and fruits from a garden? Fruits and vegetables are very important in our daily diets. Planting a garden teaches us about a variety of vegetables and fruits and also allows us the opportunity to taste certain food items that we would not have eaten before. You don't need a lot of land to grow a garden; many plants grow very well in containers.

Gardening is also great for exercise! So, get planting this Spring and reap the benefits for your mind and body... it really works!