


CHUCKWAGON SENIOR NUTRITION PROGRAM FEBRUARY 2010 MENU

<p style="text-align: center;"><u>MONDAY FEB. 1</u></p> <p style="text-align: center;">SALISBURY STEAK 6 GRAVY 4 BROWN RICE 22 BRUSSELS SPROUTS 6 WHOLE WHEAT ROLL 14 APRICOTS 15</p>	<p style="text-align: center;"><u>TUESDAY FEB. 2</u></p> <p style="text-align: center;">CARROT RAISIN SALAD 25 ITALIAN HERB BAKED CHICKEN 0 BAKED POTATO HALF 32 BROCCOLI 5 WHOLE WHEAT BREAD 12 ICE MILK 20 BIRTHDAY DAY</p>	<p style="text-align: center;"><u>WEDNESDAY FEB. 3</u></p> <p style="text-align: center;">CORN SALAD 20 TURKEY A LA KING 16 OVER BISCUIT 25 LIMA BEANS 16 SUNSHINE SALAD 14</p>	<p style="text-align: center;"><u>THURSDAY FEB. 4</u></p> <p style="text-align: center;">RAINBOW PASTA SALAD 22 BBQ PORK 13 ON WHOLE WHEAT BUN 22 PEAS AND ONIONS 11 STRAWBERRY SHORTCAKE 40 WHIPPED TOPPING 2</p>	<p style="text-align: center;"><u>FRIDAY FEB. 5</u></p> <p style="text-align: center;">APPLE SLAW 12 CREOLE BAKED FISH 2 BLACK BEANS & RICE 21 CARROTS 6 CORNBREAD 29</p>
<p style="text-align: center;"><u>MONDAY FEB. 8</u></p> <p style="text-align: center;">HEARTY SALAD 22 ITALIAN DRESSING 1 TOMATO BASIL QUICHE 9 MIXED VEGGIES 11 DINNER ROLL 15 PINEAPPLE 14</p>	<p style="text-align: center;"><u>TUESDAY FEB. 9</u></p> <p style="text-align: center;">BLACK-EYED PEA SALAD 13 TURKEY SLICE/GRAVY 3 RED POTATOES 22 CABBAGE 5 WHOLE WHEAT BREAD 12 OATMEAL RAISIN COOKIE 19</p>	<p style="text-align: center;"><u>WEDNESDAY FEB. 10</u></p> <p style="text-align: center;">PEA-CHEESE SALAD 16 HAM & POTATO BAKE 22 WINTER MIX VEGETABLES 2 WHOLE WHEAT BREAD 12 CINNAMON APPLESAUCE 13</p>	<p style="text-align: center;"><u>THURSDAY FEB. 11</u></p> <p style="text-align: center;">BROCCOLI SALAD 7 BAKED FISH FLORENTINE 8 BROWN RICE 22 HARVARD BEETS 22 WHOLE WHEAT ROLL 14 PEACHES 19</p>	<p style="text-align: center;"><u>FRIDAY FEB. 12</u></p> <p style="text-align: center;">BLUSHING PEAR 19 ORANGE GLAZED CHICKEN 7 SWEET POTATO 25 CLUB SPINACH 10 MIX GRAIN BREAD 11 BROWNIE 24 VALENTINE'S DAY LUNCH</p>
<p style="text-align: center;"><u>MONDAY FEB. 15</u></p> <p style="text-align: center;">HOLIDAY MARTIN LUTHER KING DAY</p>	<p style="text-align: center;"><u>TUESDAY FEB. 16</u></p> <p style="text-align: center;">SALMON PATTIE 14 LEMON JUICE 0 SCALLOPED POTATOES 19 CARROTS & GREEN BEANS 5 WHOLE WHEAT BREAD 12 TROPICAL FRUIT SALAD 17</p>	<p style="text-align: center;"><u>WEDNESDAY FEB. 17</u></p> <p style="text-align: center;">WALDORF SALAD 23 BEEF CABBAGE ROLL 19 ITALIAN VEGETABLES 4 WHOLE WHEAT ROLL 14 SF CHOCOLATE PUDDING 14</p>	<p style="text-align: center;"><u>THURSDAY FEB. 18</u></p> <p style="text-align: center;">VEGETARIAN SPLIT PEA SOUP 32 GRILLED CHICKEN PATTIE 0 MIXED GRAIN BUN 19 LETTUCE/TOMATO 2 MAYO 3 CALIFORNIA VEGETABLES 3 PINEAPPLE 14</p>	<p style="text-align: center;"><u>FRIDAY FEB. 19</u></p> <p style="text-align: center;">GERMAN COLESLAW 10 HEARTLAND TURKEY 30 CASSEROLE BEAN MEDLEY 5 WHOLE WHEAT BREAD 12 APRICOT CRISP 31</p>
<p style="text-align: center;"><u>MONDAY FEB. 22</u></p> <p style="text-align: center;">CORN SALAD 20 OVEN BAKED FISH 16 LEMON JUICE 0 WINTER SQUASH 9 LENTILS & RICE PILAF 25 WHOLE WHEAT BREAD 12 PEANUT BUTTER COOKIE 18</p>	<p style="text-align: center;"><u>TUESDAY FEB. 23</u></p> <p style="text-align: center;">APPLESLAW 12 BEEF GOULASH 33 BLACK BEANS-CORN-PEPPERS 16 WHOLE WHEAT ROLL 14 OATMEAL RAISIN BAR 26</p>	<p style="text-align: center;"><u>WEDNESDAY FEB. 24</u></p> <p style="text-align: center;">LENTIL VEGETABLE SOUP 20 BBQ CHICKEN 13 RED POTATOES 27 BROCCOLI 5 MIX GRAIN BREAD 11 ICE MILK 20 BIRTHDAY DAY</p>	<p style="text-align: center;"><u>THURSDAY FEB. 25</u></p> <p style="text-align: center;">SUNSHINE SALAD 14 HOT TURKEY SANDWICH 0 ON WHOLE WHEAT BREAD 12 W/MASHED POTATOES & GRAVY 20 PEAS 11 COCONUT PUDDING 26</p>	<p style="text-align: center;"><u>FRIDAY FEB. 26</u></p> <p style="text-align: center;">ORANGE POPPY SEED SALAD 22 PORK AND VEGGIE STIR FRY 4 WHITE RICE 22 ORIENTAL SPINACH 8 WHOLE WHEAT ROLL 14 FORTUNE COOKIE 7</p>
	<h1 style="color: red; margin: 0;">COUNTING CARBS?</h1> <p style="color: red; font-weight: bold; margin: 5px 0;">CARBOHYDRATE AMOUNTS SHOWN IN RED</p> <p style="color: red; font-weight: bold; margin: 10px 0;">MILK – 12 CARBS</p>			