

# February Menu

MONDAY		TUESDAY		WEDNESDAY		WEDNESDAY FLEX		THURSDAY		FRIDAY	
<b>February 2012 Senior Services Of Polk County</b>				Meatballs w/ Marinara 1 Carrots Strawberries Penne Pasta 68 Sponge Cake 649		Sweet Spinach Salad Strawberries Breadstick Sponge Cake		Grilled Chicken Breast 2 Red Beans and Rice 3 Bean Salad Berry Blend 87 Chocolate Crème Pie 899		Turkey Ham Bean Soup 3 Cooked Cabbage Orange Juice Cornbread 70 Red Grapes 520	
Citrus Tilapia 6 Diced Potatoes Key Largo Vegetables Tropical Fruit Salad Wheat Bread 45 Mango Crisp 366		BBQ Beef Burger 7 Corn Lettuce Salad Mixed Melon Bun 99 Spice Bar 728		Chef Salad 8 Baked Potato Fresh Apple Cake Donut  76 734		Liver n' Onions Baked Potato Fresh Apple Cake Donut		Beef Pepper Steak 9 Peas Pears Brown Rice Blueberry Pie 117 901		Turkey Chili 10 Spinach Banana Cinnamon Roll  87 686	
Meatloaf 13 Baked Beans Copper Penny Salad Fresh Orange Wheat Bread 92 Butterscotch Pudding 734		Shredded Pork 14 Coleslaw Mixed Vegetables Rosy Applesauce Bun 92 Brownie 614		Beef and Bean 15 Taco Salad w/ Chips Lettuce/Sour Cream/salsa Mexicali Corn Peaches 116 Birthday Cake 1036		Chicken Caesar Salad Peaches Breadstick Birthday Cake		Turkey and Gravy 16 Germany Blend Vegetable Mashed Potatoes Mandarin Oranges Wheat Roll 125 Pumpkin Pie 942		Chicken Stew 17 Succotash Mixed Fruit Wheat Bread Rice Crispy Treat 78 607	
<b>Closed For Presidents Day</b>		Cali Burger 21 Lettuce/Tom/Onion Valley Salad Pears 67 Bun 583 Warm Cinnamon Apples		Macaroni and Cheese 22 Green Beans w/ Almonds Lettuce Salad Banana Fig Newton Bar (2) 121 734		Egg Salad on Bun Green Bean w/Almonds Lettuce Salad Banana Fig Newton Bar (2)		Turkey Ham Slice 23 Sweet Potatoes Peas n' Carrots Raisins Bun 149 Apple Pie 1017		Cheese Lasagna Roll 24 Creamy Cucumber Salad Apple French Bread Carrot Cake 116 860	
Baked Chicken 27 Lettuce Salad Pickled Beets Applesauce Wheat Bread 65 Sugar Cookie 648		Sloppy Joe 28 Carrots Potato Salad Grape Juice Bun 107 Apple Raisin Crisp 902		Hamburger Cabbage 29 Casserole Cream Corn Peaches Breadstick 104 Peanut Butter Cookie 808		Chop Chop Salad Peaches Breadstick Peanut Butter Cookie		<b>All menus have been verified to meet the Dietary Reference Intakes (DRIs) est. by the Food and Nut. Research Council. Serving size: 3 oz. meat/alternate, 2 ½ c vegetables, ½ c fruit, ½ c dessert, 1 serving of bread, fortified margarine and milk. All menus subject to change.</b>			

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