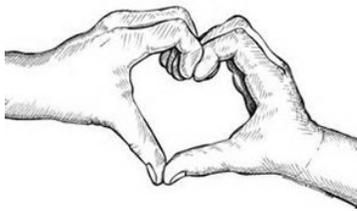




February 2017



Monday	Tuesday	Wednesday	Thursday	Friday
 		<p>1 Chili Mac Mixed Veggies Bread Milk Jell-O with Fruit</p>	<p>2 Slicked Turkey Pinto Beans Corn and Green Beans Bread Milk Fruit</p>	<p>3 Lemon Pepper Fish Steamed Zucchini Tossed Salad Bread Milk Fruit Gelatin</p>
<p>6 Chicken and Brown Rice Peas and Carrots Bread Milk Fig Bar</p>	<p>7 Chopped Beef Sandwich w/Buns Baked Beans Potato Salad Milk Fruit</p>	<p>8 Stewed Chicken with Rice Black Eye Peas Green Beans Bread Milk Cheese Cake</p>	<p>9 Shepherd's Pie Tossed Salad with Dressing Croutons and Crackers Milk Fruit</p>	<p>10 Fish Taco with Cole Slaw Mixed Veggies Seasoned Rice Milk Muffin</p>
<p>13 Salisbury Steak Garlic Potatoes Green Beans Bread Milk Jell-O with Fruit</p>	<p>14 Chicken Pot Pie Peas and Carrots Tossed Salad with Dressing Milk Fruit</p>	<p>15 Smothered Pork Chops Macaroni and Cheese Peas and Carrots Milk Muffins</p>	<p>16 Beef Enchilada Bake Black Beans Spanish Rice Corn Tortilla Shell Milk Rice Krispy Treats</p>	<p>17 Spaghetti Tossed Salad with Dressing Bread Milk Fruit</p>
<p>20 Parmesan Chicken Chick Peas Mixed Greens Bread Milk Fruit</p>	<p>21 Chicken Taco Refried Beans Flour Tortilla Shell Milk Fruit</p>	<p>22 Beef and Broccoli Bake Tossed Salad with Dressing Milk Lemon Bar</p>	<p>23 Ham Yams Mixed Veggies Bread Milk Fruit</p>	<p>24 Orange Glazed Fish Peas and Carrots Bread Milk Fig Bar</p>
<p>27 Beef Tips and Rice Tossed Salad with Dressing Peppers and Onions Milk Cookie</p>	<p>28 BBQ Chicken Potato Salad Green Beans w/Peppers and Onions Bread, Milk Fruit</p>			<p><i>Eat your way to</i> 5 A Day</p> 