



FEBRUARY 2019 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Pepp.Pizza/ Salad Wheat Roll/Skm Milk Fruit Cup/Skim Milk SNACK: Nutri Grain Bar Skim Milk
4	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Ham/Swt Potatoes Lima Beans Wheat Roll/Skm Milk SNACK: PB on crackers Skim Milk	5	Chinese New Year BREAKFAST: Eggs/Bacon/Toast Fruit/Skim Milk LUNCH Turkey/Veggies Corn Bread Dressing Wheat Roll SNACK: Sliced Pickles Wheat Crackers	6	BREAKFAST: Fruit Smoothie Milk/Yogurt/Toast LUNCH Meat Sauce/Spaghetti Noodles/Veg. Blend Garlic Bread/Skm Milk SNACK: Hot Soup Wheat Crackers	7	BREAKFAST: Waffles/Sausage Fruit/Skiim Milk LUNCH: Swiss steak Mashed Pot./Pears Brussel Sprouts SNACK: Ritz Cracker Pizza Apple Juice	8	BREAKFAST: Dry Cereal Fruit/Skm Milk LUNCH: Baked Fish/Swt Pot. Mixed Veggies Scone SNACK: Cheese Stick Pretzels
11	BREAKFAST: Oatmeal/Toast Fruit/Skim Milk LUNCH: BBQ Chicken/Corn Baked Pot./Roll Fruit Jello SNACK: Teddy Bear Muffins Skim Milk	12	Lincoln's Birthday BREAKFAST: Fruit Smoothie Toast/Yogurt LUNCH: Turkey/Mashed Pot. Bread Dressing Brussel Sprouts SNACK: "Love Bug" Fruit Cups	13	BREAKFAST: Bagels/Strawberries Skim Milk LUNCH: Salisbury steak Lima Beans/Grapes Mashed Potatoes SNACK: Valentine Yogurt Parfait	14	Valentines Day! BREAKFAST: X's & O's Pancakes Fresh Berries/SkmMlk LUNCH: Pork Roast/Saurkraut Mashed Pot./Wht. Roll Apple Coblerr SNACK: Valentine Trail Mix/ Skm Milk	15	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Breaded Fish Filet Rice/Coleslaw Wheat Roll SNACK: "Lady Bug" Fruit Cup/Skm Milk
18	President's Day BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Maple Ham/Baked Beans/Yellow Squash Pineapple & Cherries SNACK: President Cookie Skim Milk	19	BREAKFAST: French Toast/Fruit Sausage Links LUNCH: Roast Beef/Gr. Beans Mashed Pot./Gravy Wheat Roll/Skm Milk SNACK: Nutella Sandwich Skim Milk	20	BREAKFAST: Dry Cereal/Fruit Skm.Mlk. LUNCH: Turkey/Succotsh Bread Dressing Wheat Rolls/Skm Milk SNACK: Bowl of Soup Wheat Crackers	21	BREAKFAST: Fruit Smoothie/Yogurt Toast/Skm Milk. LUNCH: Pork Roast/Wheat Roll Scalloped Potatoes Red & Green cabbage SNACK: Marshmellow Cup Skim Milk	22	Washington's Birthday BREAKFAST: (Washington) Pancakes Fruit/Skim Milk LUNCH: Fish Filet/Wild Rice Vegetable Blend Wheat Roll/Skm Milk SNACK: Cheese Cubes Grapes
25	BREAKFAST: Dry Cereal Fruit/Sk Milk LUNCH: Fried Chicken DelMonico Potatoes Corn/Wheat Roll SNACK: Nirti Grain Bars Skim Milk	26	BREAKFAST: Muffins/Toast Fruit/Skim Milk LUNCH: Pork Roast/Saurkraut Mashed Potatoes Apple Crisp SNACK: Greek Orzo Salad Grape Juice	27	BREAKFAST: Yogurt/Fruit Smoothie Toast/Skm Milk LUNCH: Glazed Ham Swt Potatoe Souffle' Lima Beans/Roll SNACK: Yogurt/Fruit Smoothie Wheat Crackers	28	BREAKFAST: Biscuits/Sausage Gravy/Fruit/Skm Milk LUNCH: Ck. Teriyaki/Rice Oriental Vegetables Pears/Sk Milk. SNACK: PB & Jelly Sandwich Skim Milk		

CATHOLIC CHARITIES ADULT DAY SERVICES
THE LUNCH MENUS ARE SUBJECT TO CHANGE

