Alternate Meals (congregate only)	Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
Turkey and Cheese Sandwich	**3** Chicken Parmesan Cucumber Salad Green Beans Wheat Roll Baked Spiced Apples Milk	27 5 7 23 27 12	**4** Beef Chili Broccoli Tossed Salad Cornbread Jello/fruit Milk	16 4 4 29 7 12	**5** Meatloaf Mash pot/gravy Mixed Veggies Mandarin Oranges Wheat ROll Milk	12 19 8 12 23 12	**6** Sweet/sour Meatballs Oriental veggies Tossed Salad Brown Rice Wheat Roll Fruit Milk	10 5 4 21 23 19 12	**7** Chicken Tenders Country Gravy Potatoes O Brien Broccoli Carrot Slaw Wheat Roll Pineapple Cake Milk	13 3 16 4 24 23 51 12
Chicken Caesar Salad	**10** Shepherd's Pie Tossed Salad Wheat Roll Apple Cobbler Milk	50 4 23 23 12	**11** Baked Chicken Mash pot/gravy Mixed Veggies Wheat roll Jello/fruit Milk	2 21 8 23 8 12	**12** Hamburger Cottage Fried Potatoes Coleslaw Lett/Tom/Onion/Pickle Apple Crisp Milk	16 19 7 10 36 12	**13** Chicken Salad Tossed Salad Broccoli Pasta Salad Wheat Roll Fruit Salad Milk	7 4 44 23 24 12	**14** Lemon Pepper Cod Peas Coleslaw Brown Rice Pilaf Wheat Roll Fruit Milk	0 12 10 22 23 20 12
Ham and Cheese Sandwich	**17** Closed for President's Day 		**18** Meat Lasagna Carrots Tossed Salad Fresh Fruit Garlic Dinner Roll Cookie Milk	46 7 4 25 23 20 12	**19** Breakfast Casserole Mixed Fruit Hashbrown Coffee Cake Milk	3 31 7 43 12	**20** Roast Beef Mash pot/gravy Carrots Caesar Salad Wheat Roll jello/fruit Milk	<1 19 7 24 23 6 12	**21** SpaghettiMeatballs Tossed Salad Green Beans Garlic Dinner Roll Fresh Fruit Milk	34 4 7 23 25 12
	New Food provider soon.									