

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>2019 FEBRUARY</p>				<p>1 Chicken & White Bean Chili Corn Brussels Sprouts Corn Bread Mixed Fruit Milk</p>
<p>4 Grilled Chicken w/Condon Bleu Sauce Broccoli Cut Corn Multi Grain Bread Pineapple Tidbits Milk</p>	<p>5 Country Fried Steak w/ Gravy Spinach Baked Potato Smart Balance Tropical Fruit Milk</p>	<p>6 Oven Fried Chicken Thigh Diced Carrots Scalloped Potatoes Diced Pears Milk</p>	<p>7 Scrambled Eggs Sausage Link Hash Brown Potatoes Wheat Bread Milk</p>	<p>8 Grilled Chicken w/Salsa & Cheese Black Beans Diced Carrots Corn Muffin Mandarin Orange Milk</p>
<p>11 Potato Pollock Spinach Peas & Corn Wheat Bread Tropical Fruit Milk</p>	<p>12 Sliced Pot Roast w/Gravy Green Beans Mashed Potatoes Mixed Fruit Milk</p>	<p>13 Chicken Parmesan Key West Bend Roasted Potatoes Wheat Bread Stewed Apples w/Cherries & Almonds Milk</p>	<p>14 Country Ham & Beans Diced Carrots Diced Beets Corn Bread Diced Peaches Cookie Milk</p>	<p>15 Ginger BBQ Chicken Whipped Sweet Potato Collard Greens Wheat Bread Pears Milk</p>
<p>18 Sliced Turkey Over Southwest Pasta Peas Corn Pudding Milk</p>	<p>19 Oven Fried Chicken Thigh Diced Carrots Scalloped Potatoes Orange Juice Milk</p>	<p>20 Smoked Sausage w/Peppers & Onions Peas Mashed Potatoes Wheat Bread Strawberry Applesauce Milk</p>	<p>21 Meatloaf w/Gravy Brussels Sprouts Mashed Potatoes Wheat Bread Mandarin Orange Milk</p>	<p>22 Herb Marinated Chicken Spinach Baked Potato Smart Balance Wheat Bread Mixed Fruit Milk</p>
<p>25 Spaghetti Marinara w/Meatballs Parmesan Cheese Italian Green Beans California Blend Diced Peaches Milk</p>	<p>26 Turkey Vegetable Sloppy Joe Roasted Sweet Potatoes Brussels Sprouts w/Onions Wheat Bun Diced Pineapple Milk</p>	<p>27 Shredded BBQ Beef Diced Carrots Great Northern Beans Wheat Bun Mixed Fruit Milk</p>	<p>28 Smothered Chicken Breast Wild Rice Pilaf Key West Blend Wheat Bread Birthday Cake Milk</p>	



Monday	Tuesday	Wednesday	Thursday	Friday
<p>February 2019 Nutrition Analysis</p>				<p>1 Chicken Chili 688 Calories 17 g Fat 12 g Fiber 527 mg Calcium 469 mg Sodium 95 g Carbohydrate</p>
<p>4 Grilled Chicken 500 Calories 14 g Fat 5 g Fiber 369 mg Calcium 782 mg Sodium 64 g Carbohydrate</p>	<p>5 Country Steak & Gravy 704 Calories 26 g Fat 8 g Fiber 488 mg Calcium 876 mg Sodium 94 g Carbohydrate</p>	<p>6 Oven Fried Chicken 945 Calories 43 g Fat 10 g Fiber 426 mg Calcium 1196 mg Sodium 93 g Carbohydrate</p>	<p>7 Scrambled Eggs 600 Calories 21 g Fat 4 g Fiber 402 mg Calcium 1012 mg Sodium 70 g Carbohydrate</p>	<p>8 Grilled Chicken 703 Calories 20 g Fat 10 g Fiber 549 mg Calcium 885 mg Sodium 93 g Carbohydrate</p>
<p>11 Potato Pollock 574 Calories 12 g Fat 10 g Fiber 483 mg Calcium 900 mg Sodium 89 g Carbohydrate</p>	<p>12 Pot Roast W/Gravy 673 Calories 28 g Fat 7 g Fiber 359 mg Calcium 723 mg Sodium 62 g Carbohydrate</p>	<p>13 Chicken Parmesan 470 Calories 10 g Fat 9 g Fiber 403 mg Calcium 992 mg Sodium 67 g Carbohydrate</p>	<p>14 Ham & Beans 626 Calories 8 g Fat 15 g Fiber 420 mg Calcium 1300 mg Sodium 109 g Carbohydrate</p>	<p>15 BBQ Chicken 603 Calories 10 g Fat 10 g Fiber 431 mg Calcium 947 mg Sodium 104 g Carbohydrate</p>
<p>18 Turkey W/Pasta 574 Calories 9 g Fat 7 g Fiber 421 mg Calcium 779 mg Sodium 93 g Carbohydrate</p>	<p>19 Oven Fried Chicken 682 Calories 35 g Fat 3 g Fiber 382 mg Calcium 1166 mg Sodium 52 g Carbohydrate</p>	<p>20 Smoked Sausage 522 Calories 19 g Fat 6 g Fiber 329 mg Calcium 822 mg Sodium 65 g Carbohydrate</p>	<p>21 Meatloaf W/Gravy 613 Calories 17 g Fat 7 g Fiber 415 mg Calcium 758 mg Sodium 85 g Carbohydrate</p>	<p>22 Herb Chicken 629 Calories 16 g Fat 9 g Fiber 512 mg Calcium 786 mg Sodium 88 g Carbohydrate</p>
<p>25 Spaghetti 617 Calories 21 g Fat 11 g Fiber 487 mg Calcium 821 mg Sodium 76 g Carbohydrate</p>	<p>26 Sloppy Joe 735 Calories 23 g Fat 14 g Fiber 445 mg Calcium 891 mg Sodium 106 g Carbohydrate</p>	<p>27 BBQ Beef 459 Calories 8 g Fat 8 g Fiber 365 mg Calcium 743 mg Sodium 68 g Carbohydrate</p>	<p>Chicken Breast 648 Calories 17 g Fat 5 g Fiber 369 mg Calcium 1133 mg Sodium 91 g Carbohydrate</p>	