



	Monday	Tuesday	Wednesday	Thursday	Friday
BOX				<b>1</b>	<b>2</b>
LUNCH	<p><b>SHADOW</b> Six more weeks of winter!</p> <p><b>NO SHADOW</b> Early spring!</p>	<p><b>Presidents' Day</b></p>	<p><b>Go Red for women</b> love your heart American Heart Association</p>	<p><b>Chili w/Spaghetti</b> Vegetable Medley (2 servings) Cheddar Cheese unsalted Saltine Crackers (2 pk) Fruit Cocktail</p>	<p><b>turkey Ham &amp; Beans</b> Mixed Vegetables (2 servings) Cornbread / Margarine Fruit Cocktail Animal Crackers Mandarin Oranges</p>
WEEK				Diet: same	Diet: same
4				<b>National Freedom Day - 1948</b>	<b>Groundhog Day - 1800</b>
BOX	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
LUNCH	<p><b>Stuffed Cabbage Roll w/Marinara</b> Peas &amp; Onions Sliced Yellow Squash White Bread / Margarine Grape Juice 100% Teddy Grahams</p>	<p><b>Chicken and Brown Rice w/ Gravy</b> Broccoli diced Carrots Wheat Bread / Margarine Pears</p>	<p><b>Country Fried Steak w/Gravy</b> Potato Wedges Green Beans Dinner Roll / Margarine Apple Juice 100% Chocolate Sponge Cake</p>	<p><b>Beef Vegetable Stew</b> <b>carrots/ red skin potatoes</b> Green Beans (2 servings) Dinner Roll / Margarine Pineapple</p>	<p><b>BBQ Beef</b> Peas &amp; Onions Potato Wedges Peaches Bun</p>
WEEK	Diet: same	Diet: same	Diet: same	Diet: same	Diet: same
5	<b>National Weatherman's Day</b>	<b>National Chopsticks Day</b>	<b>Send a Card to a Friend Day</b>	<b>Boy Scout Day - 1907</b>	
BOX	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
LUNCH	<p><b>Chicken &amp; Potato Casserole with tater tots</b> Broccoli (2 servings) Wheat Bread (2 slices) Margarine Strawberry Applesauce</p>	<p><b>Pineapple Ham Steak</b> Whipped Sweet Potatoes Peas Wheat Bread (2 slices) Margarine Mandarin Oranges</p>	<p><b>VALENTINES DAY SPECIAL</b> <b>Cheese Ravioli</b> w/ Marinara Italian Vegetables Spinach / Vinegar Wheat Bread / Margarine Peaches</p>	<p><b>Rosemary Chicken</b> Potato Wedges Vegetable Medley Wheat Bread (2 slices) Margarine Applesauce</p>	<p><b>BIRTHDAY CELEBRATION</b> <b>Lemon Pepper Fish w/ Tartar Sauce</b> Brown Rice Scandinavian Veggies (2 servings) Grape Juice 100% Chocolate Sponge B'day Cake</p>
WEEK	Diet: same	Diet: same	Diet: same	Diet: same	Diet: same
6	<b>Abraham Lincoln's Birthday</b>	<b>MARDI GRAS</b>	<b>ASH WEDNESDAY</b>	<b>Susan B Anthony Day</b>	<b>HAPPY BIRTHDAY</b>
BOX	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
LUNCH	<p><b>PRESIDENTS DAY SPECIAL</b> <b>Roast Turkey w/Gravy</b> Mashed Potatoes Vegetable Medley Dinner Roll / Margarine Cranberry Juice Angel Food Cake</p>	<p><b>Broccoli Cheddar Chicken</b> Brown Rice Oregon Vegetables Corn Wheat Bread / Margarine Fruit Cocktail</p>	<p><b>Beef &amp; Noodles</b> w/ Gravy Green Beans Carrots Wheat Bread / Margarine Peaches</p>	<p><b>Spaghetti &amp; Meatballs</b> w/ Marinara Italian Vegetables Spinach / Vinegar Wheat Bread / Margarine Peaches</p>	<p><b>Southwestern c.f. Omelet w/ Peppers / Onions / Cheese</b> Stewed Tomatoes O'Brien Potatoes Wheat Bread (2 slices) Margarine Pears</p>
WEEK	Diet: same	Diet: same	Diet: same	Diet: same	Diet: same
7	<b>George Washington's Birthday</b>	<b>Tennis Day</b>			
BOX	<b>26</b>	<b>27</b>	<b>28</b>		
LUNCH	<p><b>Grilled Chicken w/BBQ Sauce</b> Potato Wedges Cheesy Broccoli Bun Applesauce</p>	<p><b>Salisbury Steak w/Gravy</b> Whipped Sweet Potatoes Oregon Vegetables Wheat Bread (2 slices) Margarine Peaches</p>	<p><b>Hamburger</b> w/ Swiss American Cheese slice Baked Beans Broccoli Bun Pineapple Mustard / Ketchup</p>	<p>In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability. (Not all prohibited bases apply to all programs) To file a complaint of discrimination write USDA, Director Office of Civil Rights Room 326-W Whitten Building, 1400 Independence Ave, S.W. Washington, D.C. 20250-9410 or call (202)720-5964 (voice and TDD) USDA is an equal opportunity provider and employer.</p>	<p>Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. 1% Milk (1/2 pint) Margarine is included unless meal is sandwich-style. Menu is subject to change without notice. Call the kitchen at 536-4098 if you have questions regarding the menu or meals-on-wheels.</p>
WEEK	Diet: same	Diet: same	Diet: same		
1	<b>Carnival Day</b>		<b>Floral Design Day - 1995</b>		