

# February 2018 WRAAA Menu (Revised) **FINAL** 1/25/18

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*=Take Temperature of Milk and all food proceeded by an asterisk.</p>	<p>Choice of : 1 % Milk or Buttermilk</p>		<p>1 *Swiss Steak 3 oz. w/Gravy 2 oz. *Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain White Pineapple Chunks ½ c ALT = CBG <span style="float: right;">TR</span></p>	<p>2 *Chili Con Carne 8 oz. Mixed Vegetables ½ c Corn Muffin 2 oz. Apple Juice 4 oz. Banana ALT = CBG <span style="float: right;">T</span></p>
<p>5 *Ham 3 oz. *Gravy 2 oz. *Mashed Potatoes ½ c Cauliflower/Broccoli ½ c 2 Whole Grain White Chunky Applesauce ½ c ALT = CS <span style="float: right;">TR</span></p>	<p>6 *Hamburger 3 oz. Ketchup 1 PC Whole Grain Bun * Seasoned Potato Wedges ½ c Green Peas ½ c Sliced Pears ½ c ALT = CBG <span style="float: right;">TR</span></p>	<p>7 *BBQ Chicken Breast 3 oz. Butternut Squash/Sweet Potato Medley ½ c *Brussel Sprouts ½ c Whole Grain Buttermilk Biscuit 2 oz. Orange Juice 4 oz. ALT = CBG <span style="float: right;">RB</span></p>	<p>8 *Stuffed Cabbage 4 oz. w/Sauce *Mashed Potatoes ½ c Corn w/Red Peppers ½ c 2 Whole Grain Wheat Banana ALT = CBG <span style="float: right;">TR</span></p>	<p>9 *Breaded Fish 4 oz. Tartar Sauce 1 PC Tater Tots ½ c Broccoli ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ALT = CBG <span style="float: right;">RB</span></p>
<p>12 *Beef Stroganoff 4 oz. *Noodles ½ c Harvard Beets ½ c Spinach ½ c Whole Grain White Mixed Fruit ½ c ALT = CS <span style="float: right;">T</span></p>	<p>13 *Lemon Gravy Chicken Breast 3 oz. *Butternut Squash ½ c Green Beans ½ c 2 Whole Grain Wheat Orange ALT = CBG <span style="float: right;">RB</span></p>	<p>14 *Cheese Ravioli 6 oz. Broccoli ½ c *Baby Lima Beans ½ c Whole Grain Breadsticks 2 oz. Mandarin Oranges ½ c ALT = CBG <span style="float: right;">RB</span></p>	<p>15 *Sweet &amp; Sour Meatballs 3-1 oz. Sauce 2 oz. * Brown Rice ½ c Capri Blend Vegetables ½ c Whole Grain Wheat Apple Juice 4 oz. Tropical Fruit ½ c ALT = CBG <span style="float: right;">TR</span></p>	<p>16 **Vegetable Lasagna 6 oz. Green Peas ½ c Buttered Beets ½ c Whole Grain Wheat Pineapple Chunks ½ c Whole Grain Vanilla Wafers ALT = CBG <span style="float: right;">RB</span></p>
<p>19 <b>PRESIDENTS DAY</b>  <b>Site Closed</b></p>	<p>20 *Salisbury Steak 3 oz. *Gravy 2 oz. *Mashed Potatoes ½ c Spinach ½ c 2 Whole Grain White Sliced Apricots ½ c ALT = CS <span style="float: right;">T</span></p>	<p>21 *Beef Sloppy Joe 4 oz Green Peas 1/2 c Harvard Beets ½ c Whole Grain Bun Banana ALT = CBG <span style="float: right;">TR</span></p>	<p>22 * Roasted Turkey Breast 3 oz. * Gravy 2 oz. *Mashed Potatoes ½ c Cauliflower/Broccoli ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ALT = CBG <span style="float: right;">RB</span></p>	<p>23 *2-2 oz. Stuffed Shells w/ Sauce 2 oz. Spinach ½ c Lemon Juice 1 PC California Blend ½ c Whole Grain Garlic Toast 2 oz. Sliced Pears ½ c ALT = CBG <span style="float: right;">RB</span></p>
<p>26 * Swedish Meatballs 3-1 oz. w/Gravy 2 oz. *Noodles ½ c Peas ½ c Carrots ½ c Whole Grain White Sliced Apricots ½ c ALT = CS <span style="float: right;">T</span></p>	<p>27 *Chicken Breast stuffed w/ Broccoli 6 oz. Green Beans ½ c Red Cabbage ½ c Whole Grain White Mixed Fruit ½ c Whole Grain Vanilla Wafers ALT = CBG <span style="float: right;">RB</span></p>	<p>28 *BBQ Rib Patty 3 oz. *Sweet Potatoes ½ c * Brussel Sprouts ½ c Whole Grain Bun Chunky Applesauce ½ c ALT = CBG <span style="float: right;">TR</span></p>	<p>Menu Approved By: <i>Jill Riffle MS, RDN, LD</i></p>	

Western Reserve Area Agency on Aging - 2018

Note: Box Lunch Default Menu choice is shown in the right hand corner of each day.

"T" = Tuna, "TR" = Turkey, "RB" = Roast Beef

ALT CS = Chicken Salad with Croissant, ALT CBG Spring Lettuce Salad w/ Chicken Breast

