

**Friday, February 1**

**Breakfast**

Eggs & Cheese with Steamed Brown Rice

Fruit

**Lunch**

Macaroni & Cheese

Green Peas

Texas BBQ Beans

Fruit

**Secondary Second Choice**

Jerk Spiced Chicken Rice Bowl

Green Peas with Mixed Vegetables

Fruit

**Monday, February 4**

**Breakfast**

Arrozcaldo Soup

Crackers/Breadsticks

Fruit

**Lunch**

Marinara Pasta Bake

Seasoned Broccoli

And Mixed Vegetables

Fruit

**Secondary Second Choice**

Sriracha Chicken Rice Bowl

With Green Beans &

Seasoned Mixed Vegetables

Fruit

**Tuesday, February 5**

**Breakfast**

Ham & Cheese Omelet Bake

With Breakfast Roll

Fruit

**Lunch**

Pork Loin Strips

With Mixed Vegetables

Steamed Brown Rice

Fruit

**Secondary Second Choice**

Salad Bar

Crackers/Dinner Rolls

OR

Turkey & Spicy Mayo Sandwich w/

Side Salad Made to Order

Fruit

**Wednesday, February 6**

**Breakfast**

Sausage with  
Garlic Steamed Rice  
Fruit

**Lunch**

Turkey with Gravy  
and Mashed Potatoes  
Dinner Roll  
Steamed Carrots  
Fruit

**Secondary Second Choice**

Meat Lovers Pizza  
Carrot & Cucumber Sticks  
With Dip  
Fruit

**Thursday, February 7**

**Breakfast**

Cheesy Ham Roll  
Fruit

**Lunch**

Beef Broccoli  
Steamed Brown Rice  
Texas BBQ Beans  
Fruit

**Secondary Second Choice**

Salad Bar  
(Made to Order)  
with Crackers/Dinner Roll  
Fruit

**Friday, February 8**

**Breakfast**

Cereal Selection  
Fruit

**Lunch**

Oven Baked Fried Chicken  
Red Rice  
Steamed Corn &  
Seasoned Local Vegetables  
Fruit

**Secondary Second Choice**

Grilled Fish Rice Bowl  
With Corn & Local Vegetables  
Fruit

**Monday, February 11**

**Breakfast**

Corn Chowder  
Crackers/Breadsticks  
Fruit

**Lunch**

Chicken Teriyaki  
Steamed Brown Rice  
Steamed Broccoli  
Texas BBQ Beans  
Fruit

**Secondary Second Choice**

Sloppy Joe on Hamburger Bun  
Steamed Broccoli  
Texas BBQ Beans  
Fruit

**Tuesday, February 12**

**Breakfast**

Tropical Storm Fried Rice  
Fruit

**Lunch**

Skillet Lasagna  
Dinner Roll  
Green Peas  
Steamed Carrots  
Fruit

**Secondary Second Choice**

Salad Bar  
(Made to Order)  
With Crackers/Dinner Roll  
Fruit

**Wednesday, February 13**

**Breakfast**

Pancakes with Syrup  
Fruit

**Lunch**

Seasoned Chicken  
w/ Stir Fried Vegetables  
Steamed Brown Rice  
Fruit

**Secondary Second Choice**

Cheeseburger on Bun  
Normandy Mixed Vegetables  
Potato Wedges  
Fruit

**Thursday, February 14**

**Breakfast**

Ham & Egg Scramble

Garlic Rice

Fruit

**Lunch**

Cheese Pizza

Carrot Sticks with Ranch Bean Dip

Fruit

**Secondary Second Choice**

Salad Bar

(Made to Order)

With Crackers/Dinner Roll

Fruit

**Friday, February 15**

**Breakfast**

Fruit Muffin

Fruit

**Lunch**

Breaded Fish with Tartar Sauce

Steamed Brown Rice

Seasoned Local Vegetable

Steamed Corn

Fruit

**Secondary Second Choice**

Buffalo Chicken Wrap

Corn Salad

Chilled Salad w/ Local Vegetables

Fruit

**Monday, February 18**

**Breakfast**

Creamy Rice Soup

Crackers/Breadsticks

Fruit

**Lunch**

Tuna Supreme Sandwich

Japanese Salad

w/Cabbage & Carrots

Fruit

**Secondary Second Choice**

Sesame Chicken Rice Bowl

With Vegetables

Fruit

**Tuesday, February 19**

**Breakfast**

Cinnamon Raisin Breakfast Roll

Fruit

**Lunch**

Chicken Curry with Potatoes

Steamed Green Beans

Steamed Rice

Fruit

**Secondary Second Choice**

Salad Bar

Crackers/Dinner Rolls

OR

Italian Sub Sandwich with

Side Salad Made to Order

Fruit

**Wednesday, February 20**

**Breakfast**

Meat Lover's Scramble

Steamed Brown Rice

Fruit

**Lunch**

Salisbury Steak with Gravy

WGR Dinner Roll

Mashed Potatoes

Mixed Vegetable Blend

Fruit

**Secondary Second Choice**

Soyu Chicken Rice Bowl

With Vegetables

Fruit

**Thursday, February 21**

**Breakfast**

French Toast with Syrup

Fruit

**Lunch**

Honey Glazed chicken

Steamed Brown Rice

Steamed Broccoli

Texas BBQ Beans

Fruit

**Secondary Second Choice**

Salad Bar

(Made to Order)

With Crackers/Dinner Roll

Fruit

**Friday, February 22**

**Breakfast**

Chicken Nuggets &  
Curried Fried Rice  
Fruit

**Lunch**

Spaghetti with Marinara Sauce  
With Cheese  
Steamed Carrot &  
Local Vegetable  
Fruit

**Secondary Second Choice**

Kung Pao Chicken Rice Bowl With Vegetables  
Fruit

**Monday, February 25**

**Breakfast**

Cereal Selection  
Fruit

**Lunch**

Chicken Patty on WGR Bun  
Carrot Sticks with Dip  
Texas BBQ Beans  
Fruit

**Secondary Second Choice**

Spicy Fried Rice with Whole Egg  
Texas BBQ Beans  
Steamed Carrots  
Fruit

**Tuesday, February 26**

**Breakfast**

Denver Baked Omelet  
WGR Breakfast Roll  
Fruit

**Lunch**

Pork Adobo with Potato  
Green Beans  
Steamed Brown Rice  
Fruit

**Secondary Second Choice**

Salad Bar  
(Made to Order)  
With Crackers/Dinner Roll  
Fruit

*Wednesday, February 27*

**Breakfast**

Sausage with Fried Rice

Fruit

**Lunch**

Chicken Pancit

With Vegetables

Fruit

**Secondary Second Choice**

Five Alarm Pizza

Carrot & Cucumber Sticks

With Dip

Fruit

*Thursday, February 28*

**Breakfast**

Granola Topped Oatmeal Breakfast Bread

Fruit

**Lunch**

Beef Pepper Steak

Steamed Brown Rice

Local Vegetable

Fruit

**Secondary Second Choice**

Salad Bar

(Made to Order)

With Crackers/Dinner Roll

Fruit