

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|---|--|---|--|
| <p><b>1/31</b>-Baked Sliced Chicken (2oz)<br/>Roasted Sweet Potato (1/2c)<br/>Fresh Broccoli Florets(1/4c)<br/>LF Ranch Dressing<br/>Whole Grain Bread (1/2c)<br/>1% Milk (8oz)</p> | <p><b>2/1</b>-*Beefaroni (2oz)<br/>Corn (1/2c)<br/>Applesauce (1/4c)<br/>Macaroni (1/4c)<br/>Garlic Bread (1/2c)<br/>1% Milk (8oz)</p>  | <p><b>2/2</b>-*Picadillo (2oz)<br/>Sliced Tomatoes (1/2c)<br/>Fresh Fruit (1/4c)<br/>Congri/Cuban Bread (1/2c)<br/>1% Milk (8oz)</p>                   | <p><b>2/3</b>-*Lasagna with Ground Turkey or Beef (2oz)<br/>Mixed Vegetables (1/2c)<br/>Mandarin Oranges (1/4c)<br/>Soft Roll (1/2c)<br/>1% Milk (8oz)</p>  | <p><b>2/4</b>-*Arroz Con Pollo (2oz)<br/>Green Beans (1/2c)<br/>Salad (spinach, romaine, tomato, cucumber) (1/2c)<br/>Brown Rice (1/2c)<br/>LF Ranch Dressing<br/>1% Milk (8oz)</p>  |
| <p><b>2/7</b>-Roast Turkey Slices (2oz)<br/>Peas &amp; Carrots (1/2c)<br/>Pears (1/4c)<br/>Moros (1/2c)<br/>1% Milk (8oz)</p>   | <p><b>2/8</b>-*Chicken Nuggets (2oz)<br/>Ketchup<br/>Steamed Broccoli (1/2c)<br/>Applesauce (1/4c)<br/>Whole Grain Bread (1/2c)<br/>1% Milk (8oz)</p>   | <p><b>2/9</b>-*Hamburger (2oz)<br/>Green Beans (1/2c)<br/>Fresh Fruit (1/4c)<br/>Bun (1/2c)<br/>Ketchup Packet<br/>1% Milk (8oz)</p>                   | <p><b>2/10</b>-*Fricassee de Pollo (2oz)<br/>Mangu (1/2c)<br/>Red Beans (1/4c)<br/>Brown Rice (1/2c)<br/>1% Milk (8oz)</p>  | <p><b>2/11</b>-*Turkey Cuban Sandwich (2oz)<br/>Swiss &amp; Pickles<br/>Roasted New Potatoes (1/2c)<br/>Salad (spinach, romaine, tomato, cucumber) (1/2c)<br/>Cuban Bread (1/2c)<br/>French Dressing<br/>1% Milk (8oz)</p> |
| <p><b>2/14</b>-*Ropa Vieja (2oz)<br/>Black Beans (1/2c)<br/>Pineapple (1/4c)<br/>Brown Rice (1/2c)<br/>1% Milk (8oz)</p>  | <p><b>2/15</b>-*Breaded Chicken Patty (2oz)<br/>Green Peas (1/2c)<br/>Apple Slices (1/4c)<br/>Roll (1/2c)<br/>1% Milk (8oz)</p>   | <p><b>2/16</b>-*Meatloaf (2oz)<br/>Ketchup<br/>Fresh Mashed Potato (1/2c)<br/>Fruit Cocktail (1/4c)<br/>Whole Grain Bread (1/2c)<br/>1% Milk (8oz)</p> | <p><b>2/17</b>-*Spaghetti &amp; Meat Sauce (2oz)<br/>Steamed Baby Carrots (1/2)<br/>Salad (spinach, romaine, tomato, cucumber) (1/2c)<br/>Macaroni (1/4c)<br/>Garlic Bread (1/4c)<br/>LF Ranch Dressing<br/>1% Milk (8oz)</p> | <p><b>2/18</b>-*Cheese Pizza (2oz)<br/>Mixed Vegetables (1/2c)<br/>Pears (1/4c)<br/>Pizza Crust (1/2c)<br/>1% Milk (8oz)</p>   |
| <p><b>2/21</b>-*Roast Beef (2oz)<br/>Green Peas (1/2c)<br/>Pineapple (1/4c)<br/>Brown Rice(1/2c)<br/>1% Milk (8oz)</p>  | <p><b>2/22</b>-*Breaded Fish (2oz)<br/>Ketchup<br/>Steamed Baby Carrots (1/2c)<br/>Salad (spinach, romaine, tomato, cucumber) (1/2c)<br/>Soft Roll (1/2c)<br/>LF Italian Dressing<br/>1% Milk (8oz)</p> | <p><b>2/23</b>-*Picadillo (2oz)<br/>Yucca (1/2c)<br/>Mixed Vegetables (1/4c)<br/>Congri (1/2c)<br/>1% Milk (8oz)</p>                                   | <p><b>2/24</b>-*Baked Chicken (2oz)<br/>Butternut Squash (1/2c)<br/>Broccoli (1/4c)<br/>Cuban Bread (1/2c)<br/>LF Ranch Dip<br/>1% Milk (8oz)</p>   | <p><b>2/25</b>-*Hamburger (2oz)<br/>Bun (2oz)<br/>Oven Fried Potatoes (1/2c)<br/>Pears (1/4c)<br/>Lettuce &amp; Tomato<br/>1% Milk (8oz)</p>   |
| <p><b>2/28</b>-*Chicken in Gravy/Sauce (2oz)<br/>Peas &amp; Carrots (1/2c)<br/>Peaches (1/4c)<br/>*Macaroni &amp; Cheese (1/2c)<br/>1% Milk (8oz)</p>                               | <p><b>3/1</b>-*Beef Empanada (2oz)<br/>Congri (1/2c)<br/>Plantains (1/2c)<br/>Tomato Slices (1/4c)<br/>1% Milk (8oz)</p>  | <p><b>3/2</b>-*Ravioli<br/>Broccoli, Cauliflower, Carrots (1/2c)<br/>Mandarins (1/4c)<br/>WG Roll (1/2c)<br/>1% Milk (8oz)</p>                         | <p><b>3/3</b>-*Cuban Stew with Beef (2oz)<br/>Mixed Vegetables (1/2c)<br/>Moros (1/2c)<br/>Fresh Fruit (1/4c)<br/>1% Milk (8oz)</p>   | <p><b>3/4</b>--*Chicken Nuggets (2oz)<br/>Fresh Mashed Potatoes<br/>Salad (spinach, romaine, tomato, cucumber) (1/2c)<br/>Italian Dressing<br/>Soft Roll (1/2c)<br/>1% Milk (8oz)</p>                                      |