

VPAS FEBRUARY 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3					1 Sloppy Joe-3oz Five Way Veg-4oz Cole Slaw-4oz Fresh Fruit Whole Wheat Hamburger Bun-1each
Week 4	4 Glazed Ham- 3oz Rice Pilaf- 4oz Peas- 4oz Canned Pears- 4oz WW Dinner Roll-2oz Assorted Milk- 8oz	5 Spaghetti-4oz Meat Sauce-4oz Green Beans-4oz Fresh Banana-1ea WW Dinner Roll-2oz Assorted Milk-8oz	6 Turkey Burger-3oz 1 Cup Garden Salad Green Pea 4oz Mayo Mustard PCs-1ea Sliced Cheese- 1 slice Whole Wheat Kaiser Roll-1ea Watermelon Cube 4oz Assorted Milk 8oz	7 Roast Eye of Round-3oz Beef Gravy- 2oz Roasted Herb Potatoes-4oz Carrots- 4oz Applesauce-4oz WW Dinner Roll-2oz Assorted Milk- 8oz	8 Roast Turkey-3oz Turkey Gravy-2oz Country Mashed Potatoes-4oz Chopped Spinach-4oz Fresh Fruit- 1each WW Dinner Roll-2oz Assorted Milk-8oz
Week 5	11 Roast Pork on WW Bun -3oz Baked Potato- 4 oz Peas-4oz Fresh Fruit Assorted Milk-8oz	12 Meat Lasagna-1ea Italian Mix Veg-8oz Fresh Orange-1ea WW Dinner Roll-2oz Assorted Milk-8oz	13 Chicken Salad Sandwich on wheat-3oz/2 Slices 1 Cup Garden Salad Vegetable Blend 4oz Mayo PC's 1 each Fresh Orange 1 ea. Assorted Milk-8oz	14 Marinated Chicken Breast - 3 oz Baked Potato - 1 each Sliced Carrots - 4 oz Fresh Banana - 1 each WW Dinner Roll - 2 oz Assorted Milk - 8 oz	15 Hamburger on WW Bun - 3oz/2oz Oven Roasted Potatoes - 4 oz Green Peas - 4 oz Fresh Fruit - 1 each Assorted Milk - 8oz
Week 1	18 CLOSED	19 Chicken Patty on WW Bun - 3oz Potato Wedges-4oz Lima Beans-4oz Sliced Pears-4oz Assorted Milk-8oz	20 Chicken Alfredo-4oz Brussel Sprouts-4oz Penne Pasta - 4 oz Canned Pears-4oz WW Dinner Roll-2oz Assorted Milk-8oz	21 Open Face Roast Beef and Gravy on WW Bread 3oz/2oz Mashed Potatoes-4oz Mixed Vegetables-4oz Fresh Banana-1 ea Assorted Milk 8oz	22 Herb Baked Chicken Breast -3oz Macaroni and Cheese-4oz Spinach-8oz Fresh Fruit in Season 1 ea Assorted Milk-8oz
Week 2	25 Beef & Bean Chili - 8 oz Brown Rice - 4 oz Cauliflower - 4oz Fresh fruit in season - 1 each Corn Muffin - 1 each Assorted Milk - 8 oz	26 Hamburger on WW Bun -3oz Corn -4oz Potato Salad -4oz Watermelon Wedge - 1 each Assorted Milk -8oz	27 Baked Mac & Cheese - 4oz Broccoli Cuts - 4 oz Brussel Sprouts - 4 oz Canned Pears - 4 oz Dinner Roll - 2 oz Assorted Milk - 8 oz	28 Lemon Pepper Grilled Chicken-3oz Baked Beans-4oz Buttered Peas-4oz Fresh Apple WW Dinner Roll-1each Assorted Milk-8oz	