

February 2019 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
*=Take Temperature of Milk and all food proceeded by an asterisk.	Choice of : 1 % Milk or Buttermilk	Menu Approved By: Jill Riffle MS, RDN, LD		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 TR
4 *Sliced Ham 3 oz. w/ Pineapple Glaze Scalloped Potatoes ½ c Spinach ½ c /1PC Lemon Juice 2 Whole Grain White Chunky Applesauce ½ c ALT = CS TR	5 *Hamburger 3 oz. Ketchup 2 PC * Seasoned Potato Wedges ½c Green Peas ½ c Whole Grain Bun Sliced Pears ½ c ALT = CBG T	6 *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 RB	7 *Stuffed Cabbage 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c Corn w/ Red Peppers ½ c 2 Whole Grain Wheat Banana ALT = CBG TR	8 *Breaded Fish 4 oz. Tartar Sauce 1 PC Au Gratin Potatoes ½ c Broccoli ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ALT = CBG RB
11 *Beef Stroganoff 4 oz. *Noodles ½ c Harvard Beets ½ c Baby Carrots ½ c Whole Grain White Mixed Fruit ½ c ALT = CS T	12 *Lemon Gravy Chicken Breast 3 oz. *Butternut Squash ½ c Green Beans ½ c 2 Whole Grain Wheat Banana ALT = CBG RB	13 *Cheese Ravioli 6 oz. Broccoli ½ c *Baby Lima Beans ½ c Whole Grain Breadsticks 2 oz. Mandarin Oranges ½ c ALT = CBG RB	14 *Sweet & 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 TR	15 **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 RB
18 PRESIDENTS DAY Site Closed	19 *Salisbury Steak 3 oz. *Gravy 2 oz. *Mashed Potatoes ½ c Spinach ½ c w /1 PC Vinegar 2 Whole Grain White Sliced Apricots ½ c ALT = CS T	20 *Beef Sloppy Joe 4 oz Green Peas ½ c Harvard Beets ½ c Whole Grain Bun Banana ALT = CBG TR	21 * 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 RB	22 *2-2 oz. Stuffed Shells w/ Sauce 2 oz. Spinach ½ c /Lemon Juice 1 PC Capri Blend ½ c Whole Grain Garlic Toast 2 oz. Sliced Pears ½ c ALT = CBG RB
25 * 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 T	26 *Chicken Breast Stuffed w/ Broccoli 6 oz. Green Beans ½ c Buttered Beets ½ c Whole Grain White Mixed Fruit ½ c Whole Grain Vanilla Wafers ALT = CBG RB	27 *BBQ Rib Patty 3 oz. *Sweet Potatoes ½ c * Brussel Sprouts ½ c Whole Grain Bun Chunky Applesauce ½ c ALT = CBG TR	28 *Chili Con Carne 8 oz. Mixed Vegetables ½ c Corn Muffin 2 oz. Apple Juice 4 oz. Banana ALT = CBG T	Menu Written By: Carolynn Scott

Western Reserve Area Agency on Aging - 2019

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

