

# February 2021 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
*=Take Temperature of Milk and all food proceeded by an asterisk.	Choice of : 1 % Milk or Buttermilk	<b>Menu Approved by:</b> <b>Ann Stahlheber, M.S. R.D.N.</b> <b>L.D.</b>		
1 *Hamburger 3 oz. Ketchup 2 PC * Seasoned Potato Wedges ½c *Baked Beans ½ c Whole Grain Bun 2 oz. Sliced Peaches ½ c ALT = CS TR	2 *Chicken Cordon Bleu 6 oz. *Mashed Potatoes ½ c *Harvard Beets ½ c W.G. Dinner Roll 2 oz. Apple Juice 4 oz ALT = CBG T	3 *BBQ Chicken Breast 3 oz. *Butternut Squash ½ c *Brussels Sprouts ½ c W. G. Buttermilk Biscuit 2 oz. Mandarin Oranges ½ c ALT = CBG RB	4 *Sweet & Sour Meatballs 3-1 oz. Sauce 2 oz. /*Brown Rice ½ c *Green Peas ½ c Oriental Blend ½ c Whole Grain Wheat Tropical Fruit ½ c ALT = CBG TR	5 * Roasted Turkey Breast 3 oz. *Gravy 2 oz. *Sweet Potatoes ½ c *Cauliflower/Broccoli ½ c 2 Whole Grain Wheat Fresh Grapes 1 c ALT = CBG RB
8 *Breaded Fish 4 oz. Tartar Sauce 1 PC *Brown Rice ½ c *Carrots ½ c *Peas ½ c Whole Grain Wheat Orange ALT = CS TR	9 *Lemon Gravy Chicken Breast 3 oz. *Butternut Squash ½ c *Green Beans ½ c 2 Whole Grain Wheat Banana ALT = CBG RB	10 *Beef Sloppy Joe 4 oz *Green Peas ½ c *Harvard Beets ½ c Whole Grain Bun Sliced Peaches ½ c ALT = CBG RB	11 *Stuffed Pepper 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Succotash ½ c 2 Whole Grain Wheat Fresh Grapes 1 c ALT = CBG TR	12 *Salisbury Steak 3 oz. * Mushroom Gravy 2 oz. *W.G. Noodles ½ c *Swiss Chard Spinach blend ½ c *Mushrooms ½ c Whole Grain White Sliced Apricots ½ c ALT = CBG RB
15 <b>PRESIDENTS DAY</b>  <b>Site Closed</b>	16 *Vegetable Lasagna 6 oz. *Carrots ½ c *Broccoli ½ c Whole Grain Wheat Pineapple Chunks ½ c Whole Grain Vanilla Wafers ALT = CS TR	17 *Sliced Ham 3 oz. w/ Pineapple Glaze *Scalloped Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain White Chunky Applesauce ½ c ALT = CBG TR	18 *Stuffed Cabbage 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Corn w/ Red Peppers ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ALT = CBG T	19 *Tomato Basil Chicken 3 oz w/ Sauce 2 oz W.G. Pasta ½ c. *Spinach ½ c Lemon Juice 1 PC *Capri Blend ½ c Whole Grain Wheat Sliced Pears ½ c ALT = CBG RB
22 *Baked Fish 4 oz. Creamy Dill Sauce 1 oz. *Brown Rice ½ c *Carrots ½ c *Green Beans ½ c Pineapple Chunks ½ c ALT = CS TR	23 *Cheese Ravioli 6 oz. *Antigua Blend ½ c *Baby Lima Beans ½ c Whole Grain Breadsticks 2 oz. Mandarin Oranges ½ c ALT = CBG RB	24 *Chicken Breast Stuffed w/ Broccoli 6 oz. *Green Beans ½ c *Harvard Beets ½ c Whole Grain Dinner Roll 2 oz Banana ALT = CBG RB	25 *BBQ Rib Patty 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c Whole Grain Bun Chunky Applesauce ½ c ALT = CBG T	26 *Swedish Meatballs 3-1 oz w/Gravy 2 oz. /*Noodles ½ c *Peas ½ c *Cauliflower ½ c Whole Grain White Sliced Apricots ½ c ALT = CBG TR

Western Reserve Area Agency on Aging - 2021

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