





Mon	Tue	Wed	Thu	Fri
<p>3 French Onion Chopped Steak (1 Beef Patty, Onions, Gravy) 1/2 C Mashed Potatoes 1/2 C Asparagus & Red Peppers WW Bread w/Margarine Cal 864 1 Pkt.. Mini Choc. Chip Cookies</p>	<p>4 Raspberry BBQ Chicken (1 grilled chicken breast) 1/2 C Succotash 1/2 C Roasted Sweet Potatoes WW Sandwich Roll Cal 655 1/2 C Fresh Cantaloupe</p>	<p>5 Deli Plate ((1/4 C Tuna Salad & 1/4 C Egg Salad) 1 C Lettuce, Cucumbers & Tomatoes 1 C French Onion Soup WW Sandwich Roll Cal 730 Fresh Orange, Berry Vanilla Cookies</p>	<p>6 Swiss Steak (1 Beef Patty, Tomato Gravy) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine Fresh Pear Cal 637</p>	<p>7 Stuffed Shells (2 Shells w/Cheese Sauce) 1/2 C Green Beans 1/2 C Italian Seasoned Carrots 1/2 C Mandarin Oranges Cal 811 1/2 C Chocolate Pudding</p>
<p>10 Penne w/Meatballs (3 Meatballs w/Tomato Sauce) 1/2 C Broccoli 1 C Tossed Salad w/Pkt Dressing 1/2 C Penne w/Sauce 1/2 C Jello Cal 670</p>	<p>11 Garlic Dijon Chicken (1 Chicken Breast w/Garlic Dijon Sauce) Cal 621 1/2 C Whipped Sweet Potatoes WW Bread w/Margarine 1/2 C Diced Pineapple</p>	<p>12 Pulled Pork Sandwich(1/2 C Pulled Pork, 1 pkt BBQ Sauce) 1/2 C Coleslaw 1/2 C Chuckwagon Corn WW Sandwich Roll Cal 654 1/2 C Fresh Cantaloupe</p>	<p>13 Chicken BLT Salad (3/4 C Diced Chicken, 1 Tbsp Bacon) 1 C Salad (Lettuce, Tomato, Carrots w/Dressing), 1 Pkt Oreo Cookies 1 C Zucchini Parmesan Soup 2 Sl WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 932</p>	<p>14 Vegetable Lasagna (1 Piece Lasagna, Mozzarella Cheese) 1/2 C Carrots 1 C Tossed Salad w/Pkt Dressing 1 Garlic Knot 1 Fresh Orange Cal 803</p>
<p>17 Maple Glazed Pork w/Gravy (1 Slice Pork w/Cider Gravy) 1/2 C Roasted Sweet Potatoes 1/2 C Balsamic Glazed Brussels Sprouts, WW Bread w/Margarine Banana Pudding w/Graham Crackers Cal 724</p>	<p>18 Pub Steak Cheeseburger (1 Beef Patty, 1 Sl Cheese, Pkt Ketchup on WW Sandwich Roll) 1/2 C Broccoli w/Pkt Ranch Dip 1 C Tomato Soup Fresh Orange Cal 826</p>	<p>19 Ham & Cheese Frittata (1 Frittata) 1 C Greek Tossed Salad w/Pkt Dressing 1/2 C Roasted Red Potato Wedges Bread 1/2 C Greek Yogurt w/1/4 C Berries Cal 681</p>	<p>20 Orchard Salad w/Chicken (3/4 C Diced Chicken, 1 Tbsp Cheese) Salad(2 C Lettuce, Apples, Craisins) w/Pkt Dressing 1 Garlic Knot w/Margarine 1/2 C Greek Yogurt w/1/4 C Berries Cal 740</p>	<p>21 Macaroni & Cheese (3/4 C Macaroni & Cheese, WG Pasta) 1 1/4 C Strawberry Spinach Salad w/Pkt Dressing 1/2 C Garlic Green Beans 1 Pkt Fig Newton Cookie Cal 671</p>
<p>24 Stuffed Pepper (1 Stuffed Pepper w/Meat Sauce) 1/2 C Broccoli 1/2 C Mashed Potatoes Bread w/Margarine 1 Sl Pound Cake w/ 1/4 C Berries Cal 810</p>	<p>25 Broccoli & Cheese Stuffed Chicken (1 Breast) 1/2 C Green Beans & Tomatoes 1/2 C Creamy Spinach Orzo Pasta 1/2 C Fresh Fruit Salad Cal 601</p>	<p>26 Petite Beef Tenderloin Medallions (1 Sl Beef w/Au Jus) 1/2 C Dilled Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine Fresh Pear Cal 712</p>	<p>27 Italian Hoagie (3 Sl ham, 2 Sl Salami, 2 Sl Cheese) Lettuce, Tomato, Onion (On WG Hoagie Roll) 1 C Tossed Salad w/Dressing Fresh Apple Cal 680</p>	<p>28 Mojo Marinated Cod Filet (1 Cod Filet) 1/2 C Coleslaw 1 C Corn & Sweet Potato Soup 1/2 C Cilantro Lime Brown Rice Fresh Orange Cal 663</p>
<p>31 Firehouse Chili (1 Cup Chili) 1/2 C Broccoli 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Cantaloupe Cal 656</p>	<p>March 9 </p>	<p></p>	<p></p>	<p></p>