

SERVING SIZES

Grains – 2 ounces

Vegetables – ½ cup

Fruits – ½ cup

Protein – 3 ounces

Dairy – 1 cup

February 2026

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

2 Navy bean soup Chicken teriyaki Roasted vegetables Sweet potatoes Sliced peaches	3 Vegetable soup Lasagna roll up w/ meat sauce Greek cucumber salad Garlic bread Tropical Fruit	4 Vegetable barley soup Mediterranean chicken Potatoes mushrooms & tomatoes Sliced melon	5 Tomato rice soup Pork roast w/ gravy Mashed potatoes Green beans Sliced Appels	6 Mediterranean lentil soup Sausage & pepper sandwich Cole slaw Roasted potato Watermelon
9 Escarole & bean soup Chicken francese Lemon rice Roasted vegetable Sliced Melon	10 Minestrone soup Creamy Dijon chicken Green beans Roasted potatoes Sliced pears	11 Tomato soup Sweet & sour pork Vegetable fried rice Stir fry vegetables Sliced melon	12 Chicken escarole soup Chicken cordon bleu w/ gravy Roasted sweet potatoes Mixed vegetables Tropical Fruit	13 Broccoli & cheese soup Pub burger w/cheese 3 bean salad Chips Sliced apples
16 Closed for Presidents' Day	17 Fresh fruit cup Beef stew w/ vegetables Roasted vegetables Tropical Fruit	18 Vegetable soup Honey glazed pork roast Roasted potatoes Green beans Sliced Pears	19 Mushroom barley soup Sliced turkey Mashed sweet potatoes Roasted carrots Sliced melon	20 Navy bean soup Baked Fish Roasted zucchini mix Rice pilaf Peaches
23 Chicken barley soup Oven roasted chicken Rice pilaf Roasted vegetables Tropical fruit	24 Vegetable barley soup Baked Ziti w/sausage & cheese Capri vegetables Sliced pears	25 Chicken soup Swedish meatballs Mashed potatoes Broccoli florets Sliced melon	26 Kale & chickpea soup Pot roast w /gravy Roasted potatoes Balsamic glazed carrots Peaches	27 Tomato soup Baked fish sandwich Cole slaw Roasted sweet potatoes Sliced pears
Bread & Milk Served Daily	WW=Whole Wheat			