

# February 2023 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Choice of : 1 % Milk or Buttermilk</p> <p>*=Take Temperature of Milk and all food proceeded by an asterisk.</p>		<p>1</p> <p>*Beef Sloppy Joe 4 oz *Green Peas ½ c *Cauliflower ½ c Whole Grain Bun Sliced Peaches ½ c</p> <p>ALT = CBG T</p>	<p>2</p> <p>*Lemon Gravy Chicken Breast 3 oz. *Butternut Squash ½ c *Green Beans ½ c 2 Whole Grain Wheat Banana</p> <p>ALT = CBG RB</p>	<p>3</p> <p>*BBQ Rib Patty 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c Whole Grain Bun Applesauce ½ c</p> <p>ALT = CBG TR</p>
<p>6</p> <p>*Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c 2 Whole Grain Wheat Banana, 1 ea</p> <p>ALT = CS TR</p>	<p>7</p> <p>*Chicken Cordon Bleu 6 oz. *Mashed Potatoes ½ c * Buttered Beets ½ c W.G. Dinner Roll 2 oz. Apple Juice 4 oz</p> <p>ALT = CBG RB</p>	<p>8</p> <p>*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</p> <p>ALT = CBG TR</p>	<p>9</p> <p>*Baked Fish 4 oz. Tartar Sauce 1 PC *Macaroni and Cheese ½ c *Carrots ½ c *Lima Beans ½ c Whole Grain Wheat Orange</p> <p>ALT = CBG RB</p>	<p>10</p> <p>*Hamburger 3 oz. Ketchup 2 PC * Seasoned Potato Wedges ½c *Baked Beans ½ c Whole Grain Bun 2 oz. Sliced Pears ½ c</p> <p>ALT = CBG T</p>
<p>13</p> <p>*Tomato Basil Chicken 3 oz w / Sauce 2 oz W.G. Pasta ½ c. *Spinach ½ c Lemon Jc. 1 PC *Capri Blend ½ c Whole Grain Wheat Sliced Pears ½ c</p> <p>ALT = CS RB</p>	<p>14</p> <p>*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</p> <p>ALT = CBG TR</p>	<p>15</p> <p>*Sliced Ham 3 oz. w/ Pineapple Glaze *Scalloped Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain White Chunky Applesauce ½ c</p> <p>ALT = CBG RB</p>	<p>16</p> <p>* Roasted Turkey Breast 3 oz. *Gravy 2 oz. *W.G. Stuffing ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Orange Cranberry Juice ½ c</p> <p>ALT = CBG T</p>	<p>17</p> <p>*Stuffed Peppers 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Fresh Grapes 1 c</p> <p>ALT = CBG TR</p>
<p>20</p> <p><b>PRESIDENT'S DAY</b></p> <p><b>Site Closed</b></p>	<p>21</p> <p>*Salisbury Steak 3 oz. *Mushroom Gravy 2 oz. *Mashed Potatoes ½ c *Spinach ½ c w Lemon PC 2 Whole Grain White Sliced Apricots ½ c</p> <p>ALT = CS TR</p>	<p>22</p> <p>*Breaded Fish 3 oz. Tarter Sauce 1 PC *Seasoned Potato Wedges ½ c Cole Slaw ½ c W.G. Hamburger Bun Scalloped Apples ½ c</p> <p>ALT = CBG RB</p>	<p>23</p> <p>*Grilled Chicken strips 3 oz With Alfredo sc 2 oz *W.G. Pasta ½ c, *Broccoli ½ c Whole Grain Dinner Roll 1 oz Fresh Orange Apple Juice ½ c</p> <p>ALT = CBG T</p>	<p>24</p> <p>*Breaded Fish 4 oz Tartar Sauce 1 PC *Brown Rice ½ c *Cauliflower ½ c *Kyoto Blend ½ c Whole Grain White Fresh Grapes 1 c</p> <p>ALT = CBG RB</p>
<p>27</p> <p>*Meatballs 3-1 oz. *Spaghetti 1/2 c w/ Sauce *Antigua Blend ½ c *Carrots ½ c Whole Grain Wheat Tropical Fruit ½ c</p> <p>ALT = CS TR</p>	<p>28</p> <p>*Beaded Chicken Patty 3 oz. Mayo 1 PC *Corn ½ c *Roasted Potatoes ½ c Whole Grain bun, 2 oz Sliced Pears ½ c</p> <p>ALT = CBG RB</p>			<p><b>Menu Approved by:</b> <i>Ann Stabbeber, MS, RDN, LD</i></p>

Western Reserve Area Agency on Aging - 2023

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

