

February 2024 WRAAA Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Choice of : 1% Milk, Buttermilk, or Calcium fortified Juice</p> <p>*=Take Temperature of Milk and all food proceeded by an asterisk.</p>			<p>1</p> <p>*Lemon Gravy Chicken Breast 3 oz. *Butternut Squash ½ c *Green Beans ½ c 2 Whole Grain Wheat Banana</p> <p>ALT = CF V</p>	<p>2</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>5</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>6</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>7</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 = CF TR</p>	<p>8</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 V</p>	<p>9</p> <p>*Hamburger 3 oz. Ketchup 2 PC * Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun 2 oz. Sliced Pears ½ c</p> <p>ALT = CBG T</p>
<p>12</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>13</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 = CF TR</p>	<p>14</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>15</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>16</p> <p>*Cheese Ravioli 6 oz. *Zucchini ½ c *Cauliflower ½ c Whole Grain Breadsticks 2 oz. Chunky Applesauce ½ c</p> <p>ALT = CBG RB</p>
<p>19</p> <p>PRESIDENT'S DAY</p> <p>Site Closed</p>	<p>20</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>21</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 = CF TR</p>	<p>22</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>23</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 V</p>
<p>26</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 V</p>	<p>27</p> <p>*Chicken Stew 8 oz. *Corn w/ Red Bell Peppers ½ c *Peas and Carrots ½ c Corn Bread, 2 oz. Orange, 1 ea</p> <p>ALT = CBG RB</p>	<p>28</p> <p>*Roasted Turkey Breast 3 oz. *Gravy 2oz / *Stuffing ½ c *Green Beans ½ *Corn w/ Red Peppers ½ c W.G. Dinner Roll Banana</p> <p>ALT = CF T</p>	<p>29</p> <p>*Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c *Broccoli ½ c W.G. Biscuit, 2 oz. Sliced Apricots ½ c</p> <p>ALT = CBG T</p>	<p>Menu Approved by: <i>Ann Stalheber, MS, RDN, LD</i></p>

Western Reserve Area Agency on Aging - 2024

Default Alternate Menu choices are shown at the bottom of each daily menu: "T" = Tuna, "TR" = Turkey, "RB" = Roast Beef, "V" = Cheese
ALT CS=Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast, ALT CF = Chef Salad W Lettuce, Ham, Egg, Cheese