

Revised February 2019 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	Choice of : 1 % Milk or Buttermilk	Menu Approved By: Jill Riffle MS, RDN, LD		1 *Swiss Steak 3 oz. w/Gravy 2 oz. *Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain White Pineapple Chunks ½ c
4 *Beef Stroganoff 4 oz. *Noodles ½ c Harvard Beets ½ c Baby Carrots ½ c Whole Grain White Mixed Fruit ½ c	5 *Hamburger 3 oz. Ketchup 2 PC * Seasoned Potato Wedges ½c Green Peas ½ c Whole Grain Bun Sliced Pears ½ c	6 *BBQ Chicken Breast 3 oz. Butternut Squash/Sweet Potato Medley ½ c *Brussel Sprouts ½ c Whole Grain Buttermilk Biscuit 2 oz. Orange Juice 4 oz.	7 *Stuffed Cabbage 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c Corn w/ Red Peppers ½ c 2 Whole Grain Wheat Banana	8 *Breaded Fish 4 oz. Tartar Sauce 1 PC Au Gratin Potatoes ½ c Broccoli ½ c 2 Whole Grain Wheat Sliced Peaches ½ c
11 *Sliced Ham 3 oz. w/ Pineapple Glaze Scalloped Potatoes ½ c Spinach ½ c/1 PC Lemon Juice 2 Whole Grain White Chunky Applesauce ½ c	12 *Lemon Gravy Chicken Breast 3 oz. *Butternut Squash ½ c Green Beans ½ c 2 Whole Grain Wheat Banana	13 *Cheese Ravioli 6 oz. Broccoli ½ c *Baby Lima Beans ½ c Whole Grain Breadsticks 2 oz. Mandarin Oranges ½ c	14 *Sweet & Sour Meatballs 3-1 oz. Sauce 2 oz. * Brown Rice ½ c Capri Blend Vegetables ½ c Whole Grain Wheat Apple Juice 4 oz. Tropical Fruit ½ c	15 **Vegetable Lasagna 6 oz. Green Peas ½ c Buttered Beets ½ c Whole Grain Wheat Pineapple Chunks ½ c Whole Grain Vanilla Wafers
18 PRESIDENTS DAY Site Closed	19 *Salisbury Steak 3 oz. *Gravy 2 oz. *Mashed Potatoes ½ c Spinach ½ c w /1 PC Vinegar 2 Whole Grain White Sliced Apricots ½ c	20 *Beef Sloppy Joe 4 oz Green Peas ½ c Harvard Beets ½ c Whole Grain Bun Banana	21 * Roasted Turkey Breast 3 oz. * Gravy 2 oz. *Mashed Potatoes ½ c Cauliflower/Broccoli ½ c 2 Whole Grain Wheat Sliced Peaches ½ c	22 *2-2 oz. Stuffed Shells w/ Sauce 2 oz. Spinach ½ c /Lemon Juice 1 PC Capri Blend ½ c Whole Grain Garlic Toast 2 oz. Sliced Pears ½ c
25 *Swedish Meatballs 3-1 oz w/Gravy 2 oz. *Noodles ½ c Peas ½ c Whole Grain White Sliced Apricots ½ c	26 *Chicken Breast Stuffed w/ Broccoli 6 oz. Green Beans ½ c Buttered Beets ½ c Whole Grain White Mixed Fruit ½ c Whole Grain Vanilla Wafers	27 *BBQ Rib Patty 3 oz. *Sweet Potatoes ½ c * Brussel Sprouts ½ c Whole Grain Bun Chunky Applesauce ½ c	28 *Chili Con Carne 8 oz. Mixed Vegetables ½ c Corn Muffin 2 oz. Apple Juice 4 oz. Banana	Menu Written By: Carolynn Scott