



# February 2023

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	Entrees	**Sandwiches/Wraps, Soup/Salad	Snacks & Sides (available for a la carte purchase)
<b>Mondays</b> Feb 6 Feb 13 Feb 20 (Holiday) Feb 27	Chicken Fried Rice (GF,DF,NF,Vegetarian upon request) Oven Baked Chicken Strips (NF) *Three Cheese Macaroni (NF)	*Pasta Salad (NF) *Homestyle Chicken Noodle Soup (NF)	*Carrot French Fries (DF,GF,NF)
<b>Tuesdays</b> Feb 7 Feb 14 Feb 21 Feb 28	*Buttered Noodles (NF) California Roll (GF,DF,NF) Chicken Adobo and Green Beans (NF)	Chicken Quesadilla (NF) Southwest Chopped Salad w/ Chicken (NF, Vegetarian upon request)	*Mixed Berry Yogurt Parfait (DF,GF,NF)
<b>Wednesdays</b> Feb 1 Feb 8 Feb 15 Feb 22	*Three Cheese Macaroni (NF) Breakfast Platter (DF,NF) Spaghetti & Meatballs (NF,Vegetarian upon request)	Turkey Burger (NF) *Homestyle Chicken Noodle Soup (NF)	*Fresh Guacamole & Chips (DF,NF)
<b>Thursdays</b> Feb 2 Feb 9 Feb 16 Feb 23	Oven Baked Chicken Strips (NF) *Mediterranean Flat Bread (NF) Chicken Fried Rice (GF,DF,NF,Vegetarian upon request)	*Grilled Cheese Sandwich w/ Tomato (NF) *Homestyle Chicken Noodle Soup (NF)	*Hummus & Pita (DF,NF)
<b>Fridays</b> Feb 3 Feb 10 Feb 17 Feb 24	Chicken Katsu (NF,DF) Turkey Meatloaf w/ Cauliflower Mash (NF) Spaghetti & Meatballs (NF,Vegetarian upon request)	Turkey Sub (NF) Southwest Chopped Salad w/ Chicken (NF, Vegetarian upon request)	*Spiced Oven Baked Potato Wedges (DF,GF,NF)

\* Indicates vegetarian item

\*\* Whole Grain Bagel w/ Cream Cheese (nut free), Sunbutter & Raspberry Preserves (nut free & dairy free) ,  
 Rice Crackers with Tuna Salad Spread (gluten free, nut free, & dairy free), and Cheese Quesadilla (nut free) available daily.

DF - Dairy Free, GF - Gluten Free, NF - Nut Free

Please note that while we do offer gluten-free and nut free items, our kitchen is not a gluten free or nut free facility.