



Denton County February 2011

Cycle 1, 2010

Monday	Tuesday	Wednesday	Thursday	Friday
	Sesame Chicken*^ Fried Rice Spinach Whole Wheat Bread Mandarin Oranges & Pineapple Milk Diet – Oranges & Pineapple 2/1	Cheesy Beef Macaroni Glazed Carrots Broccoli Dinner Roll Boston Crème Pie^ Milk Diet – Ambrosia Pudding 2/2	Potato Crusted Fish* Lettuce and Tomato Country Potatoes Hamburger Bun Peach Crisp Milk Tartar Sauce Diet – Peach Crisp 2/3	Grilled Chicken Strips Chicken Gravy Lima Beans Mixed Greens Cornbread Fresh Fruit Milk Diet – Same 2/4
Grilled Pork with Mushrooms Garlic and Red Pepper Penne* Squash, Zucchini & Tomato* Whole Wheat Bread Fresh Fruit Milk Diet – Same 2/7	Baked Meatballs Brown Gravy Ranch Potatoes Harvard Beets Cornbread Sliced Peaches Milk Diet – Same 2/8	Chicken Fajita Meat^ Refried Beans Fiesta Vegetables Flour Tortilla Cinnamon Cake Milk Taco Sauce Diet – Cake 2/9	Hamburger Patty Lettuce/Tomato/Onion Seasoned Cubed Potatoes Hamburger Bun Mixed Fruit Cobbler Milk Mayo, Mustard, or Catsup Diet – Hot Peaches 2/10	Turkey Cordon Bleu Casserole* Peas and Carrots Cauliflower Whole Wheat Bread Angel Food Cake Strawberry Glaze Milk Diet – Chocolate Pudding 2/11
Valentine's Day Honey Baked Chicken Au Gratin Potatoes Broccoli Dinner Roll Valentine's Cookie Milk Diet – Cookie 2/14	Turkey Tetrizzini Herbed Green Beans Tossed Salad Dinner Roll Peach Cobbler Milk Assorted Salad Dressing Diet – Peach Crisp 2/15	Meatloaf Brown Gravy Whipped Potatoes Baby Carrots Cornbread Fresh Fruit Milk Diet – Same 2/16	Lemon Herb Chicken*^ Confetti Rice Tangy Spinach Whole Wheat Bread Strawberry Gelatin w/Oranges Milk Diet – Fruited Gelatin 2/17	Chili with Beans Corn O'Brien Capri Vegetables Saltine Crackers Banana Crème Pie^ Milk Diet – Vanilla Pudding 2/18
Smoked Sausage Ranch Beans Mixed Vegetables Hot Dog Bun Fresh Fruit Milk Mustard Diet – Same 2/21	Beef Spaghetti Casserole Tossed Salad Green Beans Dinner Roll Apple Pie^ Milk Assorted Salad Dressing Diet – Hot Apple Slices 2/22	Honey Mustard Chicken^ Macaroni and Cheese Peas and Carrots Whole Wheat Bread Fresh Fruit Milk Diet – Same 2/23	Hamburger Patty Lettuce/Tomato/Onion Oven Roasted Potatoes Hamburger Bun Mixed Fruit Cobbler Milk Mayo, Mustard, or Catsup Diet – Hot Peaches 2/24	Glazed Turkey Ham Roasted Sweet Potatoes Turnip Greens Cornbread Oatmeal Cookie Milk Diet – Cookie 2/25
Country Fried Steak Country Gravy Garlic Whipped Potatoes Broccoli and Carrots Whole Wheat Bread Fresh Fruit Milk Diet – Same 2/28	<div style="font-family: cursive; font-size: 2em; margin: 0;">Sarah Hutsler, RD, LD</div>			

* - New Item ^ - Upgrade