





# CZM February

Congregate and Home-Delivered Meal Program

Mid-America Nutrition Program, Inc.  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		CKN. LASAGNA-ROLLUP ITAL. VEGS. WHEAT ROLL CRANBERRY-APPLE SALAD	BRFST. CASSEROLE PICKLED BEETS ROLL PEARS	TURKEY ROAST MASHED POTATO GRAVY GARDEN BLEND ROLL SCALLOPED APPLES
BEEF STEW COLESLAW BISCUIT PEACH CUP	HOT DOG-LS CABBAGE BAKED BEANS BUN APRICOTS	PORK ROAST SWT. POTATO-DX MIXED VEGS. ROLL PEACH CRISP	TACO SALAD RED BEANS & RICE LETTUCE TORTILLA CHIPS COOKIE	HAMBURGER BAKED POTATO SLICED TOMATOES BUN LEMON FRT.MEDLEY
TURKEY BURGER THREE BEAN SALAD SLICED TOMATOES BUN PEARS	TATOR TOT-CASSEROLE CORN BREAD APPLESAUCE	<b>14</b>  <b>Birthday Day!</b> ROAST BEEF MASHED POTATO GRAVY GREEN BEANS ROLL CAKE & ICE CREAM 	MR. RIB BAKED BEANS MAC. SALAD BUN FRUIT CUP	LASAGNA LETTUCE SALAD CORN WHEAT ROLL JELLO W/FRUIT-DX
  <b>PRESIDENT'S DAY ALL SITES CLOSED</b>	CKN. & NOODLES MASHED POTATO PICKLED BEETS FRUITED YOGURT	<b>15</b> <b>ASH WEDNESDAY</b> MEAT LOAF OR FISH RANCHEO VEGS. WHEAT ROLL BROWNIE	HAM-LS SWT. POTATO-DX GREEN BEANS ROLL PNT. BUTTER PIE	FISH BREADED TOMATO PEAS WHEAT BREAD PINEAPPLE MANGO
BAKED CHICKEN BROWN RICE GRAVY CALIF. BLEND WHEAT BREAD FRUIT COCKTAIL	SALISBURY STEAK MASHED POTATO GRAVY LIMA BEANS WHEAT BREAD PEACHES	PASTA BAKE STEAMED CARROTS TEXAS TOAST SUNSHINE FRUIT	<b>29</b> <b>Cancellations <u>must</u> be made 24 hours in advance</b>  <b>Suggested meal</b>	All meals served with 2% milk  Menus subject to change.  DX indicates <b>Diabetic</b> substitution LS indicates Low Salt substitution