

Apple of My Heart Nutrition Senior Lunch Menu February 2013 Mason City & Beason

Monday	Tuesday	Wednesday	Thursday	Friday
A suggested donation is \$3.00 However, no one requesting a meal will be denied meal service	Milk is served with each meal			February 1 Pork Roast & Gravy Mashed Potatoes Cauliflower w/ Cheese Fruit Cocktail
February 4 Polish Sausage Whole Grain Bun Sauerkraut Carrot Sticks Cinnamon Applesauce	February 5 Chicken & Cheese Quesadilla Refried Beans Corn Strawberry Jell-O	February 6 Baked White Fish Wild Rice Seasoned Spinach Marinated Cucumber & Tomato Salad Pears	February 7 Chicken, Broccoli, Rice and Cheese Casserole Mixed Vegetables Pineapple Bread Pudding	February 8 Pigs in a Blanket Potato Wedges Green Beans Grape Salad
February 11 Breakfast Sandwich (Whole Grain English Muffin, egg, cheese, Canadian Bacon) Stewed Tomatoes Orange Juice	February 12 Lincoln's Birthday Agency Closed.	February 13 Open Face Roast Beef Sandwich w/ Gravy Mashed Potatoes 3 Bean Medley Mandarin Oranges	February 14 Chicken Fettuccini Alfredo tossed w/ Broccoli Caesar Salad Garlic Bread Rich Chocolate Cake w/ Fruit Topping	February 15 Sloppy Joe Whole Grain Bun Creamed Corn Brussel Sprouts Banana
February 18 Presidents Day Agency Closed.	February 19 Turkey Tetrazzini Spiral Noodles Roasted Broccoli & Cauliflower Fruit Medley	February 20 Breaded Pork Cutlet Brown Rice Sweet Peas Cherry Tomatoes Baked Cinnamon Apples	February 21 Chicken Fajitas w/ Peppers & Onions 2 Whole Grain fajitas Chunky Salsa with Black Beans Nachos Pineapple Up-Side Down Cake	February 22 Meatball Sub on with Marina Sauce and Cheese on Whole Grain bun Mustard Potato Salad Italian Vegetables Red Seedless Grapes
February 25 Herb Roasted Chicken Roasted Potatoes Candied Carrots Whole Grain Roll Apple sauce	February 26 Breakfast Casserole (Egg, Cheese, Sausage) Whole Wheat Bread Hash browns V-8 Juice Grapefruit Sections	February 27 Chef Salad (Meat, Cheese, Egg, Tomato) Dressing Whole Grain Crackers Southwestern Vegetable and Bean Soup Creamy Fruit Salad	February 28 Hamburger Whole Grain Bun Lettuce, Tomato, Onion Creamy Cole Slaw Peaches	

For Reservations, call 217-732-2159 Ext: 240