















**February Menu 2020**  
Site: Rapid City



				
<p><b>Monday 3</b></p> <p>Meatloaf 1/2CS Baked Potato 1CS Parslied Carrots 1/2CS Strawberries w/Topping 1CS Bread 1CS</p> 	<p><b>Tuesday 4</b></p> <p>Baked Chicken 1/2CS Baked Sweet Potato 1 1/2CS Green Beans Tomato Spoon Salad 1/2CS Pears 1CS Bread 1CS</p>	<p><b>Wednesday 5</b></p> <p>Lasagna Rotini Casserole 1 1/2CS Peas 1CS Cooked Cabbage Peaches 1CS Garlic Bread 1CS</p> 	<p><b>Thursday 6</b></p> <p>Sweet &amp; Sour Chicken 1CS Baked Rice 1 1/2CS Broccoli Mandarin Oranges 1CS Bread 1CS Fortune Cookie 1 1/2CS</p>	<p><b>Friday 7</b></p> <p>Pork Roast Boiled Potatoes &amp; Gravy 1CS Carrots 1/2CS Cranberry Sauce 1CS Apple Juice 1CS Bread 1CS</p> 
<p><b>Monday 10</b></p> <p>Salisbury Steak w/ Gravy 1CS Baked Potato 1CS Green Beans Orange Juice 1CS Pears 1CS Bread 1CS</p>	<p><b>Tuesday 11 HAPPY BIRTHDAY</b></p> <p>Hamburger on a Bun 1CS Tomato slices on Leaf Lettuces Potato Salad 1 1/2CS Cooked Carrots 1/2CS Banana 1CS Cake 2CS</p> 	<p><b>Wednesday 12</b></p> <p>Pork Chop w/Veggies &amp; Herbs Parslied Potatoes 1CS Peas 1CS Peaches 1CS Bread 1CS</p>	<p><b>Thursday 13</b></p> <p>Chunky Chicken Veg. Soup 1CS Garlic Bread 1CS LS V-8 Juice 1CS Tropical Fruit 1CS</p>	<p><b>Friday 14 VALENTINE'S DAY</b></p> <p>Beef Tips &amp; Gravy Mashed Potatoes 1CS Broccoli Peaches 1CS Cookie 1 1/2CS Bread 1CS</p> 
<p><b>Monday 17</b></p> <p><b>CLOSED</b></p> 	<p><b>Tuesday 18</b></p> <p>Chicken Fried Steak 1CS Mashed Potatoes w/Milk Gravy 1CS Peas and Carrots 1CS Apricots 1CS Bread 1CS</p>	<p><b>Wednesday 19</b></p> <p>Autumn Chicken 1CS Sweet Potatoes 1 1/2CS Beets 1CS Tossed Salad Mandarin Oranges 1CS Bread 1CS</p> 	<p><b>Thursday 20</b></p> <p>Taco Salad w/ Meat &amp; Beans 2CS Unsalted Crackers 1CS Peach Crisp 1 1/2CS SF Vanilla Ice Cream 1CS</p>	<p><b>Friday 21</b></p> <p>Turkey Roast Mashed Potatoes w/Gravy 1CS Brussel Spouts Cranberry Sauce 1CS Peaches 1CS Dinner Roll 1CS</p> 
<p><b>Monday 24</b></p> <p>Sausage Gravy over Biscuit 2CS Green Beans Baked Squash 1CS Jello w/Strawberries 1CS</p> 	<p><b>Tuesday 25</b></p> <p><b>Chef's Choice</b></p> 	<p><b>Ash Wednesday 26</b></p> <p>Salmon Patty 1/2CS Country Time Mac Salad 1CS Broccoli &amp; Cauliflower Cooked Apples 1 1/2CS Bread 1CS</p>	<p><b>Thursday 27</b></p> <p>BBQ Chicken 1CS Hashbrown Patty 1CS Glazed Carrots 1/2CS Orange 1CS Bread 1CS</p> 	<p><b>Friday 28</b></p> <p>Mac and Cheese 2CS Peas 1CS Stewed Tomatoes Peach Crisp w/Topping 1 1/2CS Bread 1CS</p>

\*All meals include 8 oz. 1% milk (1 CS)

Choice of 1-2 bread / grain servings (1 - 2 CS)

Carb Servings = (CS) (1 = 15 grams Carbohydrate)

marked for diabetic diets

\*\*All canned fruit is in light syrup

**\*\*\*MENU SUBJECT TO  
CHANGE WITHOUT NOTICE\*\*\***

**FOR RESERVATIONS OR CANCELLATION**

PLEASE CALL

THE MEALS PROGRAM OFFICE AT 394-6002

OR THE MAIN KITCHEN AT 343-8214

**24 HRS. IN ADVANCE**