












February Menu 2019

Site: Rapid City

					#77A 1 Roast Turkey Mashed Potatoes w/Gravy 1CS Broccoli V-8 Juice  Cranberry Sauce 1CS Pears 1CS
#20-1A 4 Spaghetti w/Meat Sauce 2CS Steamed Broccoli Garlic Bread 1CS Apricots 1CS 	#57C 5 Beef Noodle Stroganoff 2CS Parslied Carrots 1/2CS Cooked Cabbage Mandarin Oranges 1CS	#25 6 Sierra Chicken Casserole 2CS Seasoned Spinach Baby Carrots 1/2CS Strawberries 1/2CS 	#31A 7 Mexican Chicken Soup 1CS w/Cheddar Cheese Unsalted Crackers 1CS Orange Juice 1CS Seasonal Fruit 1CS	#7A1 8 Hamburger on a Bun 1CS Baked Potato w/Sour Cream 1CS Corn 1CS Tomato Slices on Lettuce Mandarin Oranges 1CS	
#72D 11 BBQ Chicken 1CS Baked Potato w/Sour Cream 1CS Glazed Carrots 1/2CS Med. Orange 1CS	#5-1A HAPPY BIRTHDAY 12 Hungarian Goulash 3CS Parslied Carrots 1/2CS Cooked Cabbage Mandarin Oranges 1CS Cake 2CS 	#76D 13 Breaded Baked Fish Potato Wedges 1CS Squash 1CS LS V-8 Juice Pineapple in Vanilla Pudding 1CS	#59B Valentine's Day 14 Bean Soup 2CS w/Ham, Carrots & Cheddar Cheese Strawberries 1/2CS Acini de Pepe Salad 1CS Unsalted Crackers 1CS 	#18 15 French Dip Sandwich 1 1/2CS Baked Potato w/Sour Cream 1CS Green Beans Crunchy Cranberry Salad 1CS Apricots 1CS	
# CLOSED 18 	#62A 19 LS Ham Parslied Potatoes 1CS Peas 1CS Orange Juice 1CS Cooked Apples 1 1/2CS	#49 20 Beef Tips in Gravy Mashed Potatoes 1CS Tossed Salad w/Tomatoes Broccoli Peaches 1CS	CH#2 21 Sloppy Joe on Bun 2CS Broccoli Side Dish 1CS Chocolate Pudding w/Topping 1CS Med Orange 1CS 	#17 22 Sausage Gravy over Biscuit 2CS Green Beans Squash 1CS Jello w/Strawberries 1CS	
#12E 25 Swiss Steak w/Tomato & Onion Mashed Potatoes 1CS Seasoned Spinach Jello w/Topping Pear Half 1/2CS	2 #11 26 Chef's Choice 	#25-1A 27 Taco Salad w/Meat & Beans 2CS Unsalted Crackers 1CS Peaches 1CS Vanilla Ice Cream 1 CS	#CH40 28 Cabbage Beef Soup 1 1/2CS Turkey Sandwich 2CS Wheat Crackers 1/2CS Apple Crisp w/Topping 1 1/2CS		

*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

**Fat free dressing is served with salad

*****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

Please leave your name, where you eat and what day