

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals are chosen from the DFTA pre-approved menus, which provide a nutritionally balanced diet.</p>	<p>RSS Offers Alternate Lunch</p> <ul style="list-style-type: none"> • Tuna Salad • Eggs • Veggie Burger • Or Other Alternate <p>Call the Office To Place Your Order by 11:30 & Please do not change your order!</p>			<p>1 Black Bean Soup Lemon Pepper Tilapia Whole Wheat Bread Yellow Plantains Winter Blend Vegetables Grapes</p>
<p>4 Chicken Fricassee Whole Wheat Bread Collard Greens with Tomato Grape Juice Slice Canned Peaches</p>	<p>5 Beef & Broccoli Rice Pilaf Broccoli with Toasted Garlic Whole Wheat Bread Orange Fortune Cookies</p> <p>Chinese New Year</p> 	<p>6 Pepper Flank Steak Baked Potatoes Whole Wheat Bread Broccoli with Toasted Garlic Orange</p>	<p>7 Beef Meatloaf with Mushroom Gravy Kasha Whole Wheat Bread Steamed Kale Banana</p>	<p>8 BBQ Chicken Leg Quarters Rice Pilaf Sautéed String Beans Apple Juice Canned Pears</p>
<p>11 BBQ Chicken Leg Quarters Rice Pilaf Sautéed String Beans Apple Juice Canned Pears</p>	<p>12 Split Pea Soup Chicken Cacciatore Egg Noodles Whole Wheat Dinner Roll Steamed Spinach Apple Juice Canned Pineapple</p>	<p>13 Turkey Burger Hamburger Bun Whole Wheat Roasted Sweet Potato Fries Sautéed String Beans Applesauce Grape Juice</p>	<p>14 Vegetable Baked Ziti with Whole Wheat Pasta Whole Wheat Dinner Roll Mixed Green Salad Cantaloupe</p> 	<p>15 Baked Fish with Soy Sauce Yellow Rice Steamed Kale Banana</p>
<p>18</p> 	<p>19 Polish Cabbage Soup Baked Marinated Cod Whole Wheat Bread Kale and Tomato Yellow Plantains Fruit Cocktail Orange Pineapple Juice</p>	<p>20 Orzo Stuffed Peppers Garlic Bread Four Bean Salad Fresh Sliced Tomatoes and Cucumbers Orange</p>	<p>21 Chicken Noodle Soup Broiled Tilapia Parmesan Whole-wheat Bread Roasted Brussels Sprouts Roasted Potatoes Canned Mandarins</p>	<p>22 Arroz con Pollo Chicken Breast and Rice Whole Wheat Bread Garden Salads Banana Orange Pineapple Juice</p>
<p>25 Creamy Beef and Mushrooms Sauce Egg Noodle Whole Wheat Bread Roasted Zucchini Cantaloupe</p>	<p>26 BIRTHDAY PARTY Citrus Sesame Crusted Salmon Bowtie Pasta Red Cabbage Salad Blueberries Grape Juice Ice Cream Cake</p>	<p>27 Italian Roast Chicken Rice Pilaf California Blend Vegetables Apple Sauce Orange Pineapple Juice</p>	<p>28 Whole Wheat Vegetable Lasagna Whole Wheat Bread Sautéed String Beans Orange</p>	