

Menu subject to change

February 2019

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Lunch served 1030	Sunday Lunch served 1030
<p>11 LUNCH DAY 1</p> <p>Baked Fish w/Lemon Garlic Butter (Green, Moderate)</p> <p>Beef Ball Stroganoff (Yellow, Moderate)</p> <p>Southern Fried Chicken (Red, Moderate)</p> <p>Brown Gravy (Red, Moderate)</p> <p>Brown Rice (Green, Low)</p> <p>Buttered Egg Noodles (Yellow, Moderate)</p> <p>Carrots (Green, Moderate)</p> <p>Succotash (Green, Low)</p> <p>Green Beans (Green, Low)</p>	<p>12 LUNCH DAY 2</p> <p>Yankee Pot Roast (Green, Low)</p> <p>Grilled Pork Chops (Yellow, Low)</p> <p>Bourbon Chicken (Yellow, Low)</p> <p>Onion Gravy (Yellow, High)</p> <p>Buttered Parsley Potatoes (Green, Moderate)</p> <p>Rice with Broccoli and Cheese (Yellow, High)</p> <p>Peas (Green, Low)</p> <p>Simmered Pinto Beans (Green, Moderate)</p> <p>Corn Calico (Yellow, Low)</p>	<p>13 LUNCH DAY 3</p> <p>SOUTHERN MEAL</p> <p>Lemon Pepper Catfish (Green)</p> <p>Herbed Baked Chicken (Green)</p> <p>BBQ Spareribs (Red)</p> <p>Chicken Gravy</p> <p>Sweet Potatoes Southern Style (Yellow)</p> <p>Baked Mac and Cheese (Red)</p> <p>Savory Style Beans (Red)</p> <p>Corn on the Cob (Green)</p> <p>Herbed Green Beans (Green)</p>	<p>14 LUNCH DAY 4</p> <p>Chicken Florentine (Green, Low)</p> <p>Tuna Noodles (Yellow, High)</p> <p>BBQ Beef Cubes (Red, High)</p> <p>Chicken Gravy (Red, Moderate)</p> <p>Oven Browned Potatoes (Green, Low)</p> <p>Steamed Rice (Yellow, Low)</p> <p>Creamed Corn (Green, Moderate)</p> <p>Collard Greens (Green, Low)</p> <p>Zucchini Fritters (Yellow, Moderate)</p>	<p>15 LUNCH DAY 5</p> <p>Shrimp Chop Suey (Green, High)</p> <p>Pineapple BBQ Meatballs (Yellow, Low)</p> <p>Sweet and Sour Spareribs (Red, Low)</p> <p>Onion Gravy (Yellow, High)</p> <p>Roasted Pepper Potatoes (Green, Low)</p> <p>Pork Fried Rice (Yellow, High)</p> <p>Japanese Stir Fry Vegetables (Green, High)</p> <p>Peas and Carrots (Green, Low)</p> <p>Tempura Vegetables (Red, Moderate)</p>	<p>16 BRUNCH DAY 6</p> <p>Parmesan Crusted Pork Chop (Yellow, High)</p> <p>Eggplant Parmesan (Red, High)</p> <p>Chicken Gravy (Red, Moderate)</p> <p>Steamed Rice (Yellow, Low)</p> <p>Rosemary Roasted Potato Wedge (Green, Low)</p> <p>Roasted Carrots w/ Rosemary (Green, Low)</p> <p>Garlic Peas (Green, Low)</p> <p>French Green Beans (Green, Low)</p>	<p>17 BRUNCH DAY 7</p> <p>Baked Chicken (Yellow, High)</p> <p>Almond Crusted Cod (Yellow, Moderate)</p> <p>Brown Gravy (Red, Moderate)</p> <p>Quinoa Garden Pilaf (Green, Low)</p> <p>Mashed Potatoes (Green, Low)</p> <p>Black Eyed Peas (Green, Moderate)</p> <p>Okra Melange (Yellow, Moderate)</p> <p>Grilled Asparagus (Yellow, High)</p>
<p>DINNER</p> <p>Baked Dijon Pork Chop (Green, Moderate)</p> <p>Beef Brogul (Yellow, Low)</p> <p>Oven Fried Fish (Yellow, Low)</p> <p>Turkey Gravy (Red, Moderate)</p> <p>Long Grain &amp; Wild Rice (Green, High)</p> <p>Rissolle Potatoes (Red, Moderate)</p>	<p>DINNER</p> <p>BBQ Beef Cubes (Yellow, High)</p> <p>Baked Salmon (Green, Low)</p> <p>Easy Chow Mein w/Chicken (Green, High)</p> <p>Cream Gravy (Yellow, Moderate)</p> <p>Roasted Pepper Potatoes (Green, Low)</p> <p>Fried Rice with Eggs</p>	<p>DINNER</p> <p>Basil Baked Fish (Green, Moderate)</p> <p>Herbed Baked Chicken (Green, Low)</p> <p>Swiss Steak w/ Brown Gravy (Red, Moderate)</p> <p>Brown Gravy (Red, Moderate)</p> <p>Harvest Blend Rice (Green, Low)</p> <p>Scalloped Potatoes</p>	<p>DINNER</p> <p>Southwestern Fish (Green, Moderate)</p> <p>Beef Stew (Yellow, High)</p> <p>BBQ Chicken (Yellow, High)</p> <p>Brown Gravy (Red, Moderate)</p> <p>Brown Rice with Vegetable Sicilian (Green, Moderate)</p> <p>Garlic Mashed Potatoes</p>	<p>DINNER</p> <p>Cranberry Glazed Chicken (Green, Moderate)</p> <p>Lemon Pepper Catfish (Yellow, Low)</p> <p>Stuffed Baked Pork Chops (Yellow, Low)</p> <p>Brown Gravy (Red, Moderate)</p> <p>Brown Rice (Green, Low)</p> <p>Glazed Sweet Potatoes</p>	<p>SUPPER</p> <p>Stir Fry Chicken w/Broccoli (Green, High)</p> <p>Stuffed Fish (Yellow, Low)</p> <p>Beef Pot Pie (Yellow, High)</p> <p>Brown Gravy (Red, Moderate)</p> <p>Long Grain &amp; Wild Rice (Green, High)</p> <p>Garlic Mashed Potatoes (Yellow, High)</p>	<p>SUPPER</p> <p>Ginger BBQ Chicken (Green, Low)</p> <p>Orange Rosemary Honey Glazed Pork Chop (Yellow, Low)</p> <p>Teriyaki Steak (Yellow, High)</p> <p>Mushroom Gravy (Yellow, High)</p> <p>Spicy Brown Pilaf Rice (Green, High)</p> <p>Jefferson Noodles</p>

GO FOR  
GREEN  
EATING  
WELL TO  
PERFORM

(YELLOW)

USE CAUTION:  
Choose less often

(RED)

WARNING:  
LIMIT INTAKE

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PERFORM

**(YELLOW)**

Monday DINNER SNACKLINE	Tuesday DINNER SNACKLINE	Wednesday DINNER SNACKLINE	Thursday DINNER SNACKLINE	Friday DINNER SNACKLINE
French Fries (Yellow) Pork Rib Sandwich Chicken Tenders Hot Dogs Mozzarella Sticks Baked beans Piergo Herbed Grilled Chicken Sandwich (Green)	Tacos Chicken Nuggets Onion Rings (Red) Jalapeno Poppers (Yellow) Corn Dogs Refried Beans Tortellini Herbed Grilled Chicken Sandwich (Green)	Wings Chicken Tenders Potato Wedges (Red) Hot Dogs Mozzarella Sticks Baked Beans Piergo Herbed Grilled Chicken Sandwich (Green)	Philly (Yellow) Chicken Nuggets Tator Tots (Yellow) Jalapeno Poppers (Yellow) Corn Dogs Refried Beans Tortellini Herbed Grilled Chicken Sandwich (Green)	Baked Potato Chicken Tenders Curly Fries Hot Dogs Mozzarella Sticks Baked Beans Piergo Herbed Grilled Chicken Sandwich (Green)

USE CAUTION:  
Choose less often

## DAILY LUNCH FASTLINE ITEMS MONDAY-FRIDAY

- |   |  |
|---|--|
| Frankfurter (Red)                       | Cheeseburger (Red)                         |
| Corn Dog (Red)                          | Turkey Burger (Green)                      |
| Chili Dog w/Onion (Red)                 | Grilled Ham/Cheese Sandwich (Red)          |
| Hamburger (Yellow)                      | Double Hamburger (Red)                     |
| Double Cheeseburger (Red)               | Spicy Southwest Black Bean Burger* (Green) |
| Herbed Grilled Chicken Sandwich (Green) | Grilled Cheese Sandwich (Red)              |
| Mozzarella Sticks                       | Chili Con Carne (Yellow)                   |
| Deli Sub (Red)                          | Club Sandwich (Red)                        |
| Turkey Sub (Yellow)                     | Turkey Sandwich (Green)                    |
| Ham/Cheese Sandwich (Yellow)            |  |

**(RED)**

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