

Menu subject to change

February 2019

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Lunch served 1030	Sunday Lunch served 1030
18 LUNCH DAY 8 Santa Fe Glazed Chicken (Green, Low) Fiesta Fish (Green, Moderate) Cajun Meatloaf (Yellow, Moderate) Turkey Gravy (Red, Moderate) Roasted Pepper Potatoes (Green, Low) Islander Rice (Yellow, Low) Corn (Green, Moderate) Green Beans w/Mushroom (Green, Moderate) Fried Cauliflower (Red, Moderate)	19 LUNCH DAY 9 Hot and Spicy Chicken (Green, Moderate) Grilled Steak (Green, Low) Pork Adobo (Yellow, High) Brown Gravy (Red, Moderate) Baked Potatoe (Green, Low) Steamed Rice (Yellow, Low) Sautéed Collard Greens w/Garlic (Green, Moderate) Corn on the Cobb (Green, Low) Mixed Vegetables (Green, Moderate)	20 LUNCH DAY 10 <b>ITALIAN MEAL</b> Spaghetti w/ Meat Sauce (Red) Cheese Manicotti (Yellow) Veal Parmesan (Red) Chicken Gravy Buttered Egg Noodles (Green) Sicilian Brown Rice w/ Vegetable (Green) Mediterranean Lima Beans (Green) Mived Vegetables (Green) Italian-Style Baked Beans (Green)	21 LUNCH DAY 11 Cajun Chicken (Green, Moderate) Shrimp Stir Fry (Green, High) Roast Beef (Green, Low) Brown Gravy (Red, Moderate) Potatoes and Herbs (Green, Low) Jefferson Noodles (Yellow, Moderate) Succotash (Green, Low) Collard Greens (Green, Low) Fried Okra (Red, Moderate)	22 LUNCH DAY 12 Pork Roast Tenderloin (Green, Low) Grilled Honey Sriracha Chicken (Green, Low) Beef Yakisoba (Yellow, Moderate) Brown Gravy (Red, Moderate) Baked Sweet Potato (Green, Low) Oriental Rice (Yellow, Moderate) Herbed Green Beans (Green, Low) Scalloped Corn (Yellow, Low) Tempura Vegetables (Red, Moderate)	23 BRUNCH DAY 13 Baja Fish Tacos (Green, High) Turkey Nuggets (Red, High) Brown Gravy (Red, Moderate) Spicy Brown Pilaf Rice (Green, High) Corn Bread Dressing (Yellow, Moderate) Green Beans (Green, Low) Cauliflower Parmesan (Yellow, Moderate) Glazed Carrots (Yellow, Moderate)	24 BRUNCH DAY 14 Fish w/SouthWest Salsa (Green, Low) Chicken with Dumplings (Yellow, Moderate) Cream Gravy (Red, Moderate) Baked Mac and Cheese (Red, High) Baked Potato Halves (Green, Low) Corn Combo (Green, Low) Spinach (Green, Low) Savory Summer Squash (Green, Moderate)
DINNER Creole Fish Fillets (Green, Moderate) Chicken Dijon (Yellow, High) Polish Sausage (Red, High) Chicken Gravy (Red, Moderate) Franconia Potatoes (Green, Low) Rice with Broccoli and Cheese (Yellow, High) Corn Calico (Yellow, Low)	DINNER Beef Bulgogi (Green, High) Pork Chops w/Pineapple Asian Glaze (Yellow, Low) Sweet and Spicy Orange Salmon (Yellow, Moderate) Brown Gravy (Red, Moderate) Filipino Rice (Green, High) Buttered Egg Noodles (Yellow, Moderate)	DINNER Marinated Tomatoes With Penne And Basil (Green, High) Ground Turkey Lasagna (Yellow, High) Parmesan Fish (Yellow, Moderate) Onion Gravy (Yellow, High) Rosemary Roasted Potato Wedge (Green, Low) Steamed Rice (Yellow, Low)	DINNER Honey Ginger Chicken (Green, Low) Shrimp Scampi (Yellow, High) BBQ Spareribs (Red, High) Brown Gravy (Red, Moderate) Roasted Pepper Potatoes (Green, Low) Corn Bread Dressing (Yellow, Moderate) Peas w/ Mushrooms and Onions (Green, Low)	DINNER Jerk Roast Turkey (Green, Low) BBQ Brisket (Yellow, Moderate) Southern Fried Catfish (Red, Moderate) Cream Gravy (Yellow, Moderate) Quinoa Southwest Pilaf (Green, Low) Baked Mac and Cheese (Red, High) Okra Melange (Yellow, Moderate)	SUPPER Beef Stir Fry (Green, High) Grilled Pork Chops (Yellow, Low) Turkey and Spinach Meatloaf (Green, Moderate) Turkey Gravy (Red, Moderate) Harvest Blend Rice (Green, Low) Oven Browned Potatoes (Green, Low) Summer Squash Au Gratin (Green, Low)	SUPPER Cheese Tortellini with Marinara (Green, High) Spaghetti w/Meat Sauce (Yellow, High) Chicken Parmesan (Yellow, Moderate) Chicken Gravy (Red, Moderate) Potatoes and Herbs (Green, Low) Parmesan Rice (Yellow, Moderate) Garlic Beans (Green, Low)

GO FOR  
GREEN  
EATING  
WELL TO  
PERFORM

(YELLOW)

USE CAUTION:  
Choose less often

(RED)

WARNING:  
LIMIT INTAKE

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GO FOR  
GREEN  
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**(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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