

February 2023

Mon

Tue

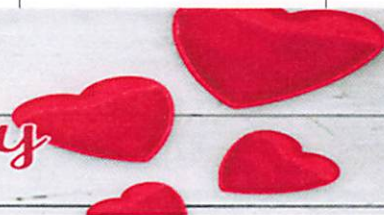
Wed

Thu

Fri

		1 Breaded Porkchop Cheesy Mashed Potatoes Lima Beans Whole Grain Roll Margarine Peaches Milk	2 Chicken & Dumplings Stewed Tomatoes Corn Whole Grain Roll Margarine Fruit Cup Chocolate Milk	3 Spaghetti Meat Sauce with Penne Pasta Tossed Salad Italian Dressing Whole Grain Breadstick Pineapple Chunks
				
6 Baked Chicken Succotash Macaroni & Cheese Whole Grain Roll Margarine Chocolate Pudding Milk	7 Grilled Chicken Sandwich Roasted Red Potatoes Carrots Colby Jack Cheese Stick Sugar Cookie Peaches Milk	8 Meatloaf Mashed Potatoes Green Peas Whole Grain Roll Margarine Ambrosia Salad Milk	9 Herbed Pork Loin Whipped Sweet Potatoes Green Beans Whole Grain Roll Margarine Cinnamon Applesauce Graham Crackers Milk	10 Hamburger Steak with Gravy Scalloped Potatoes Lima Beans Whole Grain Roll Mixed Fruit Milk
13 Egg Patty Sausage Patty Oatmeal Biscuit Banana Strawberry Banana Yo- gurt Milk	14 Chili with Beans Carrot Raisin Salad Orange Whole Grain Breadstick Whole Grain Crackers Milk 	15 Breaded Porkchop Cooked Cabbage Black Eyed Peas Fried Apples Whole Grain Roll Margarine Chocolate Milk	16 Chicken Tetrizzini Broccoli Whole Grain Roll Margarine Black Forest Brownie Milk	17 Sloppy Joe Macaroni & Cheese Green Beans Banana Milk
20 Oven Fried Chicken Baked Sweet Potato Green Beans Whole Grain Roll Margarine Vanilla Pudding Milk	21 Cornmeal Crusted Pollock Scalloped Potatoes Brussel Sprouts Whole Grain Roll Peaches Chocolate Graham Crack- ers Milk	22 Porkchop with Mush- room Gravy Stewed Tomatoes with Okra Mashed Potatoes Creamy Coleslaw Whole Grain Roll Margarine Fried Apples Chocolate Milk	23 Chicken & Vegetable Stir Fry White Rice Spinach Salad 1000 Island Dressing Whole Grain Roll Fresh Orange Milk	24 Cheeseburger Deluxe Potato Wedges Baked Beans Red Grapes Milk
27 Bean & Ham Soup Seasoned Greens Cornbread Margarine Apple Slices Peanut Butter V8 Juice Milk	28 Chicken & Broccoli Cas- serole Carrots Whole Grain Roll Margarine Chocolate Pudding Milk			

Happy
Valentine's Day



Pennyrile Allied Community Services
Making a difference in Kentucky

