

	MONDAY, FEBRUARY 6	TUESDAY, FEBRUARY 7	WEDNESDAY, FEBRUARY 8	THURSDAY, FEBRUARY 9	FRIDAY, FEBRUARY 10
LUNCH	Turkey Burger Lettuce (1cup) with 1/2 cup green items & 2 tbsp ff Ital or balsamic viniagrette dressing Fresh fruit	Tilapia Provencal Brown Rice Country Kitchen Vegetables Sliced Carrots Chipolte Lime Portobella Mushrooms Brown Rice Country Kitchen Vegetables Sliced Carrots	Pasta Primavera Lettuce (1cup) w/1/2 cup green items & 2 tbsp Italian or Balsamic Vinaigrette dressing Whole Fresh Fruit Mexican Black Bean Stew Cilantro Basmati Rice Whole Fresh Fruit Tomato Bruschetta Flatbread Pizza (2 slices) Lettuce (1cup) w/1/2 cup green items & 2 tbsp Ital dressing Medium Fresh Fruit	Turkey Burger Grilled Ratatouille and/or Italian Green Beans Whole Fresh Fruit	Herb Roasted Chicken Breast Roasted Red Bliss Potatoes Fresh Broccoli Steamed Corn Dinner Roll Beef & Mushroom Saute w/ Potatoes Broccoli and/or Steamed Corn Whole Fresh Fruit
DINNER	Spinach & Jack Cheese Enchiladas Broccoli Florets Steamed Corn Fresh Fruit	Fiesta Lime Chicken Black Bean, Tomato, & Corn Salsa Fiesta Rice Grilled Mexican Vegetables Dinner Roll Whole Fresh Fruit Lemon Ginger Tofu Stir Fry Whole Fresh Fruit	Fried Tofu Vegetarian Fried Rice Fresh Broccoli Whole Fresh Fruit Tomato Bruschetta Flatbread Pizza (2 slices) Lettuce (1cup) w/1/2 cup green items & 2 tbsp Ital dressing Medium Fresh Fruit	BW Chicken Marsala Steamed Peas Summer Squash Whole Fresh Fruit Quinoa with Squash, Tomatoes, and Basil Green Peas Whole Fresh Fruit	Herb Baked Pollock Rice Green Beans Dinner Roll OR Herb Baked Pollock Green Beans Coleslaw w/Apples Dinner Roll

SATURDAY, FEBRUARY 11	SUNDAY, FEBRUARY 12	
		LUNCH
	<p>Mediterranean Veggie Pita Broccoli (w/o cheese sauce) and/or Country Kitchen Vegetables Whole Fresh Fruit</p> <p>Spicy Roasted Vegetable Flatbread Pizza (2 slices) Lettuce (1 cup) with 1/2 cup green items and 2 tbsp fat free Italian dressing</p>	DINNER