

February Hot Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 BBQ CHICKEN THIGH 2gm COLLARD GREENS 4gm BANANA BREAD PUDDING 17gm WHOLE GRAIN ROLL 35gm	3 QUICHE LORRAINE WITH BACON 4gm POTATOES O'BRIEN 12gm PEACH CRISP 22gm WHOLE GRAIN ROLL 35gm	4 DIRTY RICE 14gm BLACK EYED PEAS 21gm CHERRY COBBLER 20gm WHOLE GRAIN ROLL 35gm	5 PULLED PORK 5gm POTATOES O'BRIEN 12gm CARROT CAKE 23gm HAMBURGER BUN 21 gm	6 FRENCH TOAST BAKE 27gm RUTABAGA HASH 48gm SAUSAGE LINKS 0gm WHOLE GRAIN ROLL 35gm
9 PORK ROAST 2gm MASHED POTATOES & GRAVY 17gm CORN, PEAS, & CARROTS 6gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm	10 VEGETABLE ALFREDO 18gm WAX BEANS & PEPPERS 5gm CAMEL CAKE 34gm WHOLE GRAIN ROLL 35gm	11 CORNE BEEF HASH 28gm SCRAMBLED EGGS 1gm PEACH COBBLER 26gm FRUIT MUFFIN 16gm	12 CHICKEN CACCIATORE 13gm SAUTEED SPINACH 3gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm	13 BEEF SLOPPY JOES 5gm BAKED BEANS 21gm CHOCOLATE ZUCCHINI CAKE 28gm HAMBURGER BUN 26gm
16 <i>Presidents Day</i> CHICKEN POT PIE 14gm MAPLE GLAZED CARROTS 15gm APPLE CRUMB CAKE 56gm WHOLE GRAIN ROLL 35gm	17 SHEPHARDS PIE 10gm CHEDDAR MASHED POTATOES 20gm SWEET RED CABBAGE 3gm VANILLA CHEESECAKE 16gm WHOLE GRAIN ROLL 35gm	18 <i>Ash Wednesday</i> SPINACH PEPPER QUICHE 20gm VEGETARIAN SAUSAGE PATTY 3gm CINNAMON APPLES 16gm WHOLE GRAIN ROLL 35gm	19 SWEET AND SOUR PORK 17gm BROWN RICE 17gm SIMMERED GREEN CABBAGE 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES 9gm	20 MACARONI & CHEESE 19gm SAUTEED SPINACH 3gm OATMEAL CAKE 36gm WHOLE GRAIN ROLL 35gm
23 BEEF ENCHILADA BAKE 13gm CILANTRO RICE 27gm APPLE COBBLER 26gm WHOLE GRAIN ROLL 35gm	24 SPAGHETTI & MEATSAUCE 44gm GREEN BEANS & CARROTS 7gm PEACH CRISP 22gm WHOLE GRAIN ROLL 35gm	25 HUNGARIAN GOULASH 17gm SWEET & SOUR CABBAGE 4gm WARM CINNAMON APPLES 20gm WHOLE GRAIN ROLL 35gm	26 COUNTRY FRIED CHICKEN 28gm MASHED POTATOES & GRAVY 28gm SWEET CORN 15gm PEACH COBBLER 26gm WHOLE GRAIN ROLL 35gm	27 <i>CAAC All-Staff Training</i> BLACKENED TILAPIA 0gm SAUTEED SPINACH 3gm RICE PUDDING 18gm CORNBREAD MUFFINS 30gm



If you are not available to receive your daily meal, please call ahead of time to cancel. 269-382-0515. Kalamazoo, Ext. 300. Calhoun, Ext. 350.

