

2% MILK AVAILABLE

ELECTRA SERVICE CORPORATION

FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>CDH WK 7 Day 1 1</p> <p>Lemon Tilapia Mustard Greens Cucumber Salad Cornbread Strawberry Shortcake</p>
<p>CDH 2016 WK4 Day 5 4</p> <p>Charbroiled Chicken Breast Lettuce &amp; Tomato Salad Sweet Potato Fries Roll Bananas</p>	<p>CDH 2016 WK4 Day 4 5</p> <p>Baked Fish w/ Tartar Sauce Coleslaw Green Beans Oven Fries &amp; Hushpuppies Strawberries</p>	<p>CDH 2016 WK4 Day 3 6</p> <p>Baked Potato w/ Chili &amp; Cheese Broccoli Cinnamon Apples</p>	<p>CDH 2016 WK4 Day 2 7</p> <p>Chicken Tenders Vegetable Rice Sugar Snap Peas Fruit Medley Tapioca Pudding</p>	<p>CDH 2016 WK4 Day 1 8</p> <p>Beef Hamburger on Bun Tomato, Lettuce, Onion Potato Wedges Three Bean Salad Pineapple Cup</p>
<p>CDH 3-12 11</p> <p>Tacos with Salad Topping Pinto Beans Chuck Wagon Corn Peanut Butter Cup</p>	<p>CDH 4-12 12</p> <p>Chicken A la King Spinach Mushroom Salad California Blend Veggies Wheat Roll Chocolate Chip Cookie</p>	<p>2011-13 13</p> <p>Chicken Fried Steak Mashed Potatoes w/ Gravy Okra, Corn Wheat Roll Pumpkin Square</p>	<p>CDH 3-11 14</p> <p>Pork Chop Black-Eyed Peas Spinach Cornbread Special Valentine Dessert</p>	<p>2011-35 15</p> <p>Swedish Meatballs Parsley Noodles WW Roll Angel Food Cake w/ Strawberries</p>
<p>2011-17 18</p> <p>Crispy Chicken on a Bun Tomato, Lettuce, Onion Potato Wedges Carrot Raisin Salad Fruit Medley</p>	<p>2011-39 19</p> <p>Vegetable Beef Stew Cornbread Tossed Salad Orange Pineapple Cup Pumpkin Custard</p>	<p>2011-17 20</p> <p>Chicken Tenders w/ Gravy Mashed Potatoes Mixed Squash WW Roll Fruit Cup</p>	<p>CDH WK3 Day 1 21</p> <p>Red Beans &amp; Rice Oven-Fried Okra Coleslaw Toasted French Bread Vanilla Pudding</p>	<p>BEK 2016 7-1 22</p> <p>Italian Chicken Breast Herbed Red Potatoes Italian Green Beans Wheat Roll Cheesecake</p>
<p>2011-12 25</p> <p>Cheeseburgers Potato Wedges Tomato, Onion: Lettuce &amp; Pickles Melon Medley</p>	<p>2011- 19 26</p> <p>Glazed Meatloaf Red Bliss Potatoes Mixed Vegetables Breadstick Country Apple Crisp</p>	<p>CDH 1-12 27</p> <p>Chicken Fajitas Fajita Vegetables Chuckwagon Corn Spanish Rice Fruit Cocktail</p>	<p>2011- 15 28</p> <p>Chicken Teriyaki Fried Rice Vegetable Blend Strawberries &amp; Bananas</p>	

Please call the Senior Center at 495-4311 by 10 am on the days you want to come for lunch.

Recommended Donation: Seniors 60 and over \$3.00 Guests under 60 \$6.00

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