

Canoe Brook Café
Nutrition for mind, body and spirit
February 2012

MONDAY	TUESDAY	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
		Cranapple Juice Teriyaki Chicken White Wild Rice Combo California Blend Rye Bread Seasonal Fresh Fruit	Sausage and Peppers Butternut Squash Cut Green Beans Kaiser Roll Sliced Pears	100% Fruit Punch Spaghetti & Meatballs w/Tom. Sauce Tossed Salad w/Sl. Black Olives Italian Dressing- 2 pkts. Italian Bread Fresh Fruit Cup
6	7	8	9	10
Grape Juice Phillie Cheese Steak w/Mozzarella cheese Tossed Garden Salad French Dressing-2 pkts. 6" Grinder Roll Fruit Cocktail	Pineapple Juice Meatloaf w/Chunky Tom. Sauce Whipped Potatoes w/Gravy Cut Green Beans Pumpnickel Bread Very Ripe Seasonal Fresh Fruit	Apple Juice Sl. Ham w/Pineapple Gla Sweet Potatoes Petite Peas Rye Bread Applesauce	100% Fruit Punch Roast Pork w/Applesauce Gravy Sweet Potatoe Oriental Vegetables Whole Wheat Dinner Roll Oatmeal Raisin Cookie	100% Fruit Punch Baked Salmon Boat w/Dill Sauce/Tartar Sauce Lemon Wedge Fluffy Brown Rice Tossed Salad w/Tomato French Dressing - 2 pkts. Corn Muffin Sliced Pears
13	14	15	16	17
Turkey Kielbasa Sauerkraut Mustard - 2 pkts. Boiled Potatoes California Blend Hot Dog Roll Very Ripe Seasonal Fresh Fruit	VALENTINE'S DAY 100% Fruit Punch Tangerine Chicken Brown Rice Oriental Vegetable Whole Wheat Dinner Roll Ice Cream Cup	Hearty Diced Beef Stew w/Potatoes, Carrots with Onions Potatoes in one side Carrots w/Onions in one LS LF Biscuit Mandarin Oranges Sected	Cranapple Juice Roast Turkey w/Gravy Stuffing w/Gravy Cranberry Sauce Mixed Vegetables Whole Wheat Dinner Roll Fresh Fruit Cup	Grape Juice Cheese Canneloni Parmesan Cheese Cut Green Beans Tossed Salad w/Tomato Italian Dressing - 2 pkts. Italian Bread Fruit Cocktail
20	21	22	23	24
PRESIDENT'S DAY HOLIDAY NO LUNCH PROGRAM	New Orleans Mandarin Chicken Brown Rice Oriental Vegetable Whole Wheat Dinner Roll Mandarin Orange Slices	Italian Wedding Soup BBQ Rib Pattie Tossed Green Salad w/S Red Onion French Dressing - 2pkts. Petite Peas 4" Grinder Clementine	Cranapple Juice Angus Burger w/Gravy Fluffy White Rice Tender Broccoli Cuts Whole Wheat Sandwich Roll (no seeds) Sliced Peaches	Grape Juice Eggplant Rolatini w/Tomato Meat Sauce Tossed Salad w/Sl. Black Olives Italian Dressing - 2 pkts. Garlic Bread Very Ripe Seasonal Fresh Fruit
27	28	29		
Pineapple Juice Sl. Pot Roast California Blend Mashed Potatoes Whole Wheat Dinner Roll Tapioca Pudding	Grape Juice Veal Parmesan Ziti w/Marinara Sce. Tossed Salad w/Sl. Black Olives Italian Bread Cupcake	Chicken Frajitas Peppers and Onions Fluffy White Rice Soft Tortilla-1 Sliced Peaches	All Soups come with unsalted Crackers *The dessert is the same for both meals	All Rolls are Seedless All White Rice is Enriched All non-citrus juices are Vitamin C Fortified