




# FEBRUARY 2019

## FARGO MEALS AT SENIOR CENTERS

ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
<i>Can we count you as a valentine this Giving Hearts Day?</i>	#EveryMealCounts 			CHICKEN WILD RICE CASSEROLE GREEN BEANS CUCUMBERS IN CREAM LIME JELLO W/PEARS & WHIPPED TOPPING CARROT BREAD
4	5	6	7	8
CHICKEN ALA KING OVER MASHED POTATOES MIXED VEGETABLES TROPICAL FRUIT WHOLE WHEAT BREAD	MEATLOAF BAKED POTATOES GLAZED CARROTS PEAR CRISP & WHIPPED TOPPING WHOLE WHEAT DINNER ROLL	BARBECUE RIBS SMASHED POTATOES COUNTRY COLESLAW PINEAPPLE TIDBITS CORN BREAD MUFFIN	SWEDISH MEATBALLS MASHED POTATOES RIVIERA VEGETABLE BLEND CHERRY JELLO W/ PEACHES & WHIPPED TOPPING ROSEMARY FRENCH ROLL	BAKED COD WITH ALFREDO SAUCE BUTTERED PARSLIED POTATOES SCANDINAVIAN VEGETABLE BLEND FRESH FRUIT RHUBARB MUFFIN
11	12	13	14	15
PULLED PORK ON A WHOLE WHEAT BUN TATOR TOTS CALICO BEANS PEAR SLICES	SLOW ROASTED BEEF W/GRAVY GARLIC SMASHED POTATOES STEAMED PEAS FRESH FRUIT RAISIN BRAN MUFFIN	LEMON PEPPERED CHICKEN SCALLOPED POTATOES PACIFIC VEGETABLE BLEND WHOLE WHEAT DINNER ROLL ORANGE JELLO W/MANDARIN ORANGES & WHIPPED TOPPING	Giving Hearts Day	PORK CHOP W/MUSHROOM GRAVY MASHED POTATOES HARVARD BEETS PEACH CRISP W/WHIPPED TOPPING SNICKERDOODLE COOKIE
18	19	20	21	22
PARMESAN ENCRUSTED FISH TARTAR SAUCE ROASTED RED POTATOES KEY LARGO VEGETABLES FRESH FRUIT WHOLE WHEAT GARLIC BREADSTICK	HAM W/RAISIN SAUCE CHEESY HASHBROWN BAKE CANDIED YAMS APPLESAUCE BLUEBERRY MUFFIN	HOT TURKEY W/GRAVY MASHED POTATOES PEAS & CARROTS CRANBERRY SAUCE PEAR CRISP W/WHIPPED TOPPING WHOLE WHEAT BREAD	CHILI BAKED CORN CAPTAIN'S SALAD MANDARIN ORANGES CORN MUFFIN	SALISBURY STEAK MASHED POTATOES & GRAVY GERMAN VEGETABLE BLEND STRAWBERRY JELLO W/PEARS & WHIPPED TOPPING WHOLE WHEAT DINNER ROLL
25	26	27	28	
STUFFED PEPPERS BABY CARROTS COTTAGE CHEESE PEACH SLICES OATMEAL RAISIN COOKIE	BEEF STROGANOFF OVER WHOLE WHEAT NOODLES CALIFORNIA VEGETALE BLEND MARINATED VEGETABLES APRICOTS WHOLE WHEAT DINNER ROLL	ROAST PORK W/GRAVY SMASHED POTATOES GREEN BEAN CASSEROLE APPLE CRISP W/WHIPPED TOPPING WHOLE WHEAT BREAD	HERBED CHICKEN BREAST W/GRAVY ROASTED RED POTATOES SQUASH WINTER FRUIT CUP ROSEMARY FRENCH ROLL	<b>THANK YOU FROM THE BOTTOM OF OUR HEARTS</b> For your support on Giving Hearts Day 

Menu meets the required Title 3 nutrient goals under the Older American Act

Calories: 735 Sodium Goals: 800-1000 mg daily Protein: 31.24 (g) Net Carbs: 87.11 (g) Fat: 24.5(g)