

Russian Menu

February

Monday	Tuesday	Wednesday	Thursday 1st	Friday 2nd
			Beef Kabob Mashed Potato Vegetable Medley Whole Grain Bread Pears Milk (cal) 714 (Na) 613	Herb Crusted Tilapia Roast Sweet Potato Asparagus Dinner Roll Brownie Milk (cal) 986 (Na) 814
Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 8th	Friday 9th
Apple Stuffed Chicken w/ Gravy Collard Greens Polenta Dinner Roll Cake Milk (cal) 849 (Na) 795	Cheese Blintz w/Blueberry Sauce Home Fries Veggie Sausage Whole Grain Bread Pineapple Milk (cal) 868 (Na) 1013	Herb Salmon w/ Lemon Sauce Steamed Rice Cauliflower Dinner Roll Peaches Milk (cal) 844 (Na) 499	Meatball Stroganoff Egg Noodles Roast Carrots Whole Grain Bread Clementine Milk (cal) 818 (Na) 869	Chicken Schnitzel with Gravy Sweet Potato Zucchini Dinner Roll Orange Milk (cal) 952 (Na) 1144
Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th
Baked Macaroni and Cheese Stewed Tomato Dinner Roll Pudding Milk (cal) 800 (Na) 1056	Rotisserie Chicken Baked Sweet Potato Mixed Vegetables Whole Grain Bread Cake Milk (cal) 1004 (Na) 972	Lemon Dill Cod Rice Pilaf Summer Squash Dinner Roll Mixed Fruit Milk (cal) 936 (Na) 913	Beef Stew Mashed Potato Whole Grain Bread Jello Milk (cal) 921 (Na) 887	Chicken Cacciatore Steamed Rice Dinner Roll Peaches Milk (cal) 674 (Na) 563
Monday 19th	Tuesday 20th	Wednesday 21st	Thursday 22nd	Friday 23rd
Kotleti Chicken Patty with Gravy Roast Beets and Baked Potato Dinner Roll Fruit Cup Milk (cal) 1099 (Na) 907	Beef Knish Kasha Vanishka Broccoli Whole Grain Bread Orange Milk (cal) 1145 (Na) 818	Carved Turkey with Gravy Green Beans Mashed Potato Dinner Roll Apple Crisp Milk (cal) 990 (Na) 943	Meatloaf with Gravy Roast Vegetables Acorn Squash Whole Grain Bread Banana Milk (cal) 831 (Na) 679	Salmon Cake Roast Potato Spinach Dinner Roll Pudding Milk (cal) 877 (Na) 950
Monday 26th	Tuesday 27th	Wednesday 28th	Thursday 29th	Friday
Apricot Chicken Roast Potato Asparagus Dinner Roll Brownie Milk (cal) 1051 (Na) 1000	Beef and Macaroni Steamed Broccoli Whole Grain Bread Pineapple Milk (cal) 795 (Na) 730	Fish Casserole Mixed Vegetables Steamed Rice Dinner Roll Cake Milk (cal) 767 (Na) 1220	Chicken Kiev Steamed Rice Peas and Onions Whole Grain Bread Jello Milk (cal) 833 (Na) 962	