

Monday January 28 February 2013 Wesley Meal Menu	Tuesday 29	Wednesday 30	Thursday 31	Friday February 1
4 Spaghetti w/Meat Sauce Wax Beans Muffin Pineapple Cup Cheez-It	5 Chicken Strips German Potato Salad Brussels Sprouts Mandarin Orange Cup Sun Chips/	6 Whole Grain Ravioli Alfredo Sauce Spinach Diced Carrots Apple Juice Fresh Fruit 1 Slice of Bread	7 Cheeseburger Baked Beans Yellow Squash Tropical Punch Juice Shortbread Cookies 2 Slices of Bread	8 Fish Nuggets Cheese & Onion Potatoes Green Beans Muffin Peach Cup Belly Bears
11 Sloppy Joes Tater Tots Green Beans Strawberry/Banana Juice Vanilla Wafers 2 Slices of Bread	12 Turkey Mett Sauerkraut Corn Diced Potatoes Granola Bar Mixed Fruit Cup 1 Slice of Bread	13 Beef Nachos w/Salsa Mexican Corn Black Beans Oatmeal Cookie	Valentine's Day! Whole Grain Lasagna Tomato Sauce Broccoli Peach Crisp Oreo 1 Slice of Bread	15 Salmon Patty Rice Pilaf Peas & Onions Diced Carrots Grape Juice 1 Slice of Bread
18 Breaded Chicken Breast Diced Carrots Mixed Greens Pineapple Cup Choc. Chip Cookies 2 Slices of Bread	19 Salisbury Steak w/ Onion/Pep. Gravy Mashed Potatoes Zucchini Straw. Applesauce Belly Bears 1 Slice of Bread	20 Chicken Parmesan Linguini Green Beans Peach Cobbler Fig Cookies 1 Slice of Bread	21 Pork Chop w/Gravy Sweet Potatoes Green Beans Fresh Fruit Granola Bar 1 Slice of Bread	22 Cincinnati Chili w/Macaroni Kidney Beans Muffin Pear Cup Cranberry Juice
25 Pork Ribs w/BBQ Sauce Sweet Potatoes Zucchini Cinnamon Applesauce Graham Crackers 1 Slice of Bread	26 Grilled Chicken Breast Rice Pilaf Broccoli/Corn Apple Juice Fruit Snacks 1 Slice of Bread	27 Country Fried Steak w/Gravy Mashed Potatoes Carrot Coins Fresh Fruit Cereal Snacks 1 Slice of Bread	28 Whole Grain Stuffed Shells Tomato Sauce Green Beans Apple Cobbler Peanut Butter Cracker 1 Slice of Bread	March 1 Fish Nuggets Cheese & Onion Potatoes Green Beans Muffin Peach Cup Belly Bears

