

WOCOA Menu for Feb 2018

			1-Feb	2-Feb
			Hamburger	Beef Enchilada Casserole
			Baked Beans WW Bun Baked Fruit Crisp Lettuce, Tomato & Onion Ketchup/Mustard/Mayo Milk	Spanish Rice Salad with dressing Fresh Fruit Milk
5-Feb	6-Feb	7-Feb	8-Feb	9-Feb
Sausage Patty Hash Brown Casserole Baked Apples Biscuit with Jelly Yogurt Milk	Pork Riblet Sweet Potatoes Cabbage Cornbread Banana Pudding Milk	Chili with Beans Mexi-Corn Baby Carrots Wheat Crackers Fresh Fruit Milk	Pot Roast Potatoes & Carrots Wild Rice Salad with Dressing Fresh Fruit Milk	Sausage Baked Beans Cole Slaw WW Bun Spiced Baked Apple Milk
12-Feb	13-Feb	14-Feb	15-Feb	16-Feb
BBQ Pulled Pork Candied Yams Spinach WW Roll Fresh Fruit Margarine Milk	Hamburger Steak w Pepper & Onions Mixed Vegetables Stewed Tomatoes WW Roll Fruited Yogurt Margarine Milk	Spaghetti & Meat Sauce Peas and Carrots Toss Salad with Dressing Spiced Apples Milk	Chicken and Dumpling English Peas Rutabagas Cookie Milk	Beef Strips w Gravy Mashed Potatoes Mixed Vegetables WW Roll Fresh Fruit Margarine Milk
19-Feb	20-Feb	21-Feb	22-Feb	23-Feb
Meatloaf w/ Brown Gravy Mashed Potatoes Seasoned Squash WW Roll Fresh Fruit Milk	Ham Steak Candied Spiced Yams Greens Cornbread Yogurt w/Fruit Margarine Milk	BBQ Chicken Ford Hook Beans Stir Fry Vegetables WW Roll Jell-O® with Fruit Margarine Milk	Salisbury Steak Scalloped Potatoes Mixed Vegetables WW Roll Pudding Margarine Milk	Hotdog Baked Beans Carrot & Raisin Salad WW Bun Ketchup/Mustard Fruit Cobbler Milk
26-Feb	27-Feb	28-Feb		
Chicken Pot Pie w/ Peas & Carrots Sweet Potatoes Steamed Broccoli Yogurt with Fruit Milk	BBQ Pork Chop Roasted Potatoes Greens Cornbread Oatmeal Cookie Milk	Oven Baked Chicken Black-eyed Peas with onion Green Beans Whole Wheat Roll Fresh Fruit Margarine Milk		