

FEBRUARY 2012	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (Week 4)			1 <sup>ST</sup> 8 oz Non-fat Milk ½ c 100% Apple Juice 1 oz Whole Wheat English Muffin 2.2 oz Grain & Fruit Bar 1 tsp Margarine 1 tsp Sugar Free Jelly	2 <sup>ND</sup> 8 oz Non-fat Milk ½ c Peaches in Juice 3 oz Bagel 1 oz Cream Cheese	3 <sup>RD</sup> 8 oz Non-fat Milk ½ c Mixed Fruit Cup 1 c Cheerios Multigrain .9 oz Whole Wheat Bread ½ c Low-fat Yogurt 1 tsp Sugar Free Jelly
LUNCH	<b>GREENACRES SPECIALIZED ADULT DAY SERVICE CENTER</b>		8 oz Non-fat milk 3 oz Cuban Style Milanese Chicken (Breaded chicken w/Marinara Sauce & Mozzarella Cheese) ½ c Mixed Vegetables ½ c Peaches in Juice ½ c Spaghetti w/Tomato Sauce 9 oz Whole Wheat Bread 1 tsp Margarine	8 oz Non-fat milk 3 oz Blackened Sole ½ c Black Beans ½ c Sliced Carrots ½ c White Rice .9 oz Roll 1 tsp Margarine	8 oz Non-fat milk 3 oz Mojo Chicken ½ c Roasted Red Potatoes ½ c Broccoli .9 oz Whole Wheat Bread 1 tsp Margarine
BREAKFAST (Week 1)	6 <sup>TH</sup> 8 oz Non-fat Milk 1 ea Apple Fruit 3 oz Bagel 1 oz Cream Cheese	7 <sup>TH</sup> 8 oz Non-fat Milk 1 ea Orange Fruit 1 c Cheerios Multigrain Cereal	8 <sup>TH</sup> 8 oz Non-fat Milk ½ c 100% Orange Juice 1 oz Whole Wheat English Muffin 1 oz Cereal Bar 1 tsp Margarine 1 tsp Sugar Free Jelly	9 <sup>TH</sup> 8 oz Non-fat Milk ½ c Pears in Juice 1 c Toasted Oats .9 oz Whole Wheat Bread 1 tsp Margarine	10 <sup>TH</sup> 8 oz Non-fat Milk ½ c 100% Apple Juice 1 oz Bran Muffin 1 oz Granola Bar
LUNCH	8 oz Non-fat milk Arroz Frito (½ c fried rice, 2 oz Chicken, 1 oz Turkey, ½ c vegetables) ½ c 100% Orange Juice .9 oz Whole Wheat Bread 1 tsp Margarine	8 oz Non-fat milk 3 oz Ground Beef in Picadillo Criollo ½ c Black Beans ½ c Pears in Juice ½ c White Rice .9 oz Whole Wheat Bread 1 tsp Margarine	8 oz Non-fat milk 3 oz Ground Beef, 1 oz Tomato Sauce, 1 oz Breadcrumbs (Meatloaf) ½ c Mashed Potatoes ½ c Green Beans 1.8 oz Whole Wheat Bread 1 tsp Margarine	8 oz Non-fat milk 3 oz Pargo Asado (Broiled Snapper) ½ c Whipped Sweet Potatoes ½ c Spinach 1.8 oz Whole Wheat Bread 1 tsp Margarine	8 oz Non-fat milk Chicken Fricassee (3 oz Chicken breast, 1 oz Potato, 1 oz Sauce) ½ c White Rice ½ c Peaches in Juice 1.8 oz Whole Wheat Bread 1 tsp Margarine
BREAKFAST (Week 2)	13 <sup>TH</sup> 8 oz Non-fat Milk 1 ea Apple Fruit 1 oz Whole Wheat English Muffins 1 c Kix Cereal 1 tsp Margarine 1 tsp Sugar Free Jelly	14 <sup>th</sup> 8 oz Non-fat Milk 1 ea Banana Fruit 1 c Corn Flakes .9 oz Whole Wheat Bread 1 tsp Margarine	15 <sup>th</sup> 8 oz Non-fat Milk 1 ea Orange Fruit 1 oz Bran Muffin 1 oz Cereal/Fruit Bar	16 <sup>th</sup> 8 oz Non-fat Milk ½ c Peaches in Juice 1 c Crispy Rice Cereal 9 oz Whole Wheat Bread	17 <sup>th</sup> 8 oz Non-fat Milk ½ c 100% Apple Juice 3 oz Bagel 1 oz Cream Cheese
LUNCH	8 oz Non-fat milk 3 oz Lemon Pepper Chicken ½ c Roasted Red Potatoes ½ c Broccoli 1.8 oz Whole Wheat Bread 1 tsp Margarine	8 oz Non-fat milk 3 oz Ground Turkey in Albondigas ½ c Mixed Vegetables ½ c Pears in Juice ½ c Spaghetti w/Tomato Sauce .9 oz Whole Wheat Bread 1 tsp Margarine	8 oz Non-fat milk 3 oz Bistec de Palomilla (Steak) ½ c Congri (white rice & red beans) ½ c Mixed Vegetables 4 oz Apple Juice 1.8 oz Whole Wheat Bread 1 tsp Margarine	8 oz Non-fat milk 3 oz Veal Marsala w/Mushrooms ½ c Broccoli with Garlic ½ c Spaghetti ½ c Peaches 9 oz Roll 1 tsp Margarine	8 oz Non-fat milk Chicken Fajitas (3 oz Chicken; ½ c Onions & Peppers) ½ c Rice & Black Beans ½ c Key West Vegetables 2 (9 oz) Flour Tortillas 1 tsp Margarine
BREAKFAST (Week 3)	20 <sup>TH</sup> 8 oz Non-fat Milk ½ c 100% Orange Juice 1 c Shredded Wheat Cereal .9 oz Whole Wheat Bread 1 tsp Margarine	21 <sup>st</sup> 8 oz Non-fat Milk 1 ea Apple Fruit 1 oz Bran Muffin 1 c Kix Cereal	22 <sup>ND</sup> 8 oz Non-fat Milk 1 ea Orange Fruit 3 oz Bagel 1 oz Cream Cheese	23 <sup>RD</sup> 8 oz Non-fat Milk ½ c Peaches in Juice 1 c Cheerios Multigrain 1 oz Bran Muffin 1 tsp Margarine	24 <sup>TH</sup> 8 oz Non-fat Milk ½ c 100% Apple Juice 1 oz Whole Wheat English Muffin 1 oz Granola Bar 1 tsp Margarine 1 tsp Sugar Free Jelly
LUNCH	8 oz Non-fat milk 3 oz Ropa Vieja (Shredded Pork) ½ c Green Beans ½ c Pears in Juice ½ c White Rice .9 oz Whole Wheat Bread 1 tsp Margarine	8 oz Non-fat milk 3 oz Chicken Marsala ½ c Mixed Vegetables ½ c Pears ½ c Bowtie Pasta .9 oz Roll 1 tsp Margarine	8 oz Non-fat milk 3 oz Tilapia w/ Chipotle & Lime ½ c Mashed Potatoes ½ c Squash .9 oz Whole Wheat Bread 1 tsp Margarine	8 oz Non-fat milk 3 oz Pollo Empanizado (Breaded Chicken) ½ c Black Beans 4 oz Orange Juice ½ c White Rice .9 oz Whole Wheat Bread 1 tsp Margarine	8 oz Non-fat milk 3 oz Pimientos Rellenos (Ground Beef & Green Peppers) ½ c Corn & Carrots ½ c Yuca .9 oz Whole Wheat Bread 1 tsp Margarine
BREAKFAST (Week 4)	27 <sup>TH</sup> 8 oz Non-fat Milk ½ c 100% Orange Juice 1 oz Whole Wheat English Muffin 1 oz Granola Bar 1 tsp Margarine 1 tsp Sugar Free Jelly	28 <sup>TH</sup> 8 oz Non-fat Milk 1 ea Apple Fruit 1 c Shredded Wheat Cereal 1 oz Bran Muffin	29 <sup>TH</sup> 8 oz Non-fat Milk ½ c 100% Apple Juice 1 oz Whole Wheat English Muffin 2.2 oz Grain & Fruit Bar 1 tsp Margarine 1 tsp Sugar Free Jelly		
LUNCH	8 oz Non-fat milk 3 oz Ground Beef in Picadillo Criollo ½ c Black Beans ½ c Pears in Juice ½ c White Rice .9 oz Whole Wheat Bread 1 tsp Margarine	8 oz Non-fat milk 3 oz Carne Puerco (Roast Port with Stuffing) ½ c Mashed Potatoes ½ c Peas 1.8 oz Whole Wheat Bread 1 tsp Margarine	8 oz Non-fat milk 3 oz Cuban Style Milanese Chicken (Breaded chicken w/Marinara Sauce & Mozzarella Cheese) ½ c Mixed Vegetables ½ c Peaches in Juice ½ c Spaghetti w/Tomato Sauce 9 oz Whole Wheat Bread 1 tsp Margarine		