



Denton County February 2019

Cycle 1, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				Bean Chili ✓ Parslied Rice Spinach Cornbread German Chocolate Cake^ Milk Diet - Cake Cal: 784 Fat: 23g 1
Beef with Mushroom Gravy* Whipped Potatoes Capri Vegetables Whole Wheat Bread Coconut Pie^ Milk Diet - Cake Cal: 901 Fat: 38g 4	Sloppy Joe Tater Gems Italian Green Beans Hamburger Bun Fudge Cream Cookie Milk Diet - Same Cal: 802 Fat: 32g 5	Turkey Tetrazzini Broccoli Squash Medley Whole Wheat Breadstick Fresh Banana Milk Diet - Same Cal: 646 Fat: 15g 6	Pulled BBQ Pork^ Carrot Raisin Salad Squash Medley Hamburger Bun Peach Cobbler Milk Diet - Spiced Peaches Cal: 992 Fat: 24g 7	Cheese Enchiladas with Red Sauce Ranch Beans Mixed Vegetables Fruited Lemon Gelatin Milk Diet - Fruited Gelatin Cal: 710 Fat: 15g 8
Teriyaki Chicken Meatballs* Jasmine Rice Broccoli w/Red Peppers Whole Wheat Bread Fruited Cherry Gelatin Milk Diet - Fruited Gelatin Cal: 683 Fat: 17g 11	Smoked Sausage Whole Kernel Corn Brussels Sprouts Hot Dog Bun Oatmeal Cream Cookie Milk Mustard Diet - Same Cal: 687 Fat: 22g 12	All Beef Patty^ Lettuce/Tomato/Onion Baked Beans Hamburger Bun Apple Cobbler Milk Mayonnaise and Mustard Diet - Cinnamon Applesauce Cal: 881 Fat: 29g 13	Valentine's Day Stuffed Salmon Pasta Alfredo Tuscany Vegetables Dinner Roll Red Velvet Cake Milk Diet - Same Cal: 655 Fat: 15g 14	Cheese Omelet ✓ O'Brien Potatoes Sliced Carrots Whole Wheat Bread Strawberry Crème Pie^ Milk Picante Sauce Diet - Cake Cal: 838 Fat: 36g 15
Country Fried Steak* Country Gravy Garlic Whipped Potatoes Tangy Spinach Dinner Roll Cherry Upside Down Cake^ Milk Diet - Cake Cal: 864 Fat: 30g 18	Pulled Parmesan Chicken^ Macaroni and Cheese Italian Vegetables Whole Wheat Bread Creamsicle Pudding Milk Diet - Vanilla Pudding Cal: 769 Fat: 19g 19	Beef Taco Meat Lettuce/Tomato/Onion Pinto Beans Flour Tortilla Peach Cobbler Milk Taco Sauce Diet - Pineapple Tidbits Cal: 797 Fat: 23g 20	Pineapple Glazed Ham Black-Eyed Peas Mixed Greens Cornbread Fresh Banana Milk Diet - Same Cal: 617 Fat: 17g 21	10 Grain Pollock Rice Florentine Mixed Vegetables Whole Wheat Bread Gingerbread Cookie Milk Diet - Same Cal: 656 Fat: 18g 22
Baked Chicken Breast Chicken Gravy Chuckwagon Corn Green Beans Amandine Dinner Roll Fresh Fruit Milk Diet - Same Cal: 568 Fat: 12g 25	Ground Beef Stew Lima Beans Spinach Cornbread Fudge Cream Cookie Milk Diet - Same Cal: 877 Fat: 33g 26	Chicken Fajitas Spanish Rice Sliced Carrots Flour Tortilla Fruited Orange Gelatin Milk Diet - Fruited Gelatin Cal: 617 Fat: 10g 27	All Beef Patty^ Lettuce/Tomato/Onion Sweet Potato Tots Hamburger Bun Cranapple Cobbler Milk Mayonnaise and Mustard Diet - Mixed Fruit Cal: 941 Fat: 40g 28	

Deborah Leather, RD, LD

#DT84287 11/6/18

^ Upgrade
 New Menu Item
 Vegetarian Entrée
 Meal > 1,000 mg sodium
 * Soy containing item (< 6.5% of total volume)