

For more information call: (607) 776-4310.

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>February 1</b> Chicken & Ziti with Sauce Yellow Beans Broccoli Vanilla Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
<b>4</b> Ham Slice with Pineapple Slice Sweet Potato Spinach Peaches Promise Margarine 1% Milk Grape Juice	<b>5</b> Spaghetti & Meatballs Cauliflower Lemon Pudding Italian Bread Promise Margarine 1% Milk Orange Juice	<b>6</b> Chicken Breast with Dijon Mustard Sauce Confetti Rice Peas Applesauce Blueberry Muffin Promise Margarine 1% Milk Orange Juice	<b>7</b> Braised Beef Tips with Gravy Mashed Potatoes Succotash Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>8</b> Macaroni & Cheese Summer Squash Blend Stewed Tomatoes Vanilla Yogurt Graham Crackers 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
<b>11</b> Chili Green Beans Carrots Pears Cornbread Promise Margarine 1% Milk Orange Juice	<b>12</b> Sweet & Sour Chicken Steamed Rice Peas Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>13</b> Sliced Turkey with Gravy Mashed Potatoes Broccoli Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>14</b> Pork Tenderloin with Gravy Mashed Potatoes Winter Squash Butterscotch Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>15</b> Baked Fish Sweet Potato Yellow Beans Coleslaw Pineapple Tidbits Corn Muffin Promise Margarine 1% Milk Apple Juice
<b>18</b> <b>Closed for Presidents' Day</b>	<b>19</b> Cabbage Roll with Tomato Sauce Mashed Potatoes Pas Applesauce Cottage Cheese Whole Wheat Roll Promise Margarine 1% Milk Orange Juice	<b>20</b> Stir Fry Pork over Rice Pacific Blend Vegetable Four Bean Salad Chocolate Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>21</b> Chicken Parmesan Rotini Pasta Carrots Tropical Fruit Italian Bread Promise Margarine 1% Milk Apple Juice	<b>22</b> Beef Goulash Corn Green Beans Pears 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice
<b>25</b> Sweet & Sour Meatballs with Pineapple Sauce Steamed Rice Broccoli Vanilla Yogurt Graham Crackers 100% Whole Wheat Bread 1% Milk Grape Juice	<b>26</b> Ham Scalloped Potatoes Succotash Apricots 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>27</b> BBQ Chicken Cubes Sweet Potato Cauliflower Rice Pudding with Raisins Whole Wheat Hamburger Bun Promise Margarine 1% Milk Orange Juice	<b>28</b> Meatloaf with Onion Gravy Mashed Potatoes Broccoli Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	

**Menu subject to change without notice.**

Voluntary donations are very important to maintain the program. The suggested contribution per meal is \$3.50. We gladly accept Food Stamps, cash, or checks paid daily, weekly or monthly. Thank you.  
If you are not yet 60, there is a charge of \$7.00 per meal. See your site coordinator.