

FEBRUARY Menu 2018 Custer

			#72D BBQ Chicken 1 CS <u>Baked Potato w/Sour Cream 2 CS</u> <u>Glazed Carrots 1/2 CS</u> 1 Med Orange 1 CS	#62A Low Sodium Ham <u>Parsley Potatoes 1 CS</u> Peas 1 CS Orange Juice 1 CS <u>Cooked Apples 1 1/2 CS</u>
#20-1A 5 Spaghetti w/ Meat Sauce 2 CS <u>Steamed Broccoli</u> <u>Garlic Bread 2 CS</u> Apricots 1 CS	#31A 6 Mexican Chicken Soup 1 CS With Cheddar Cheese Unsalted Crackers 1 CS Orange Juice 1 CS Seasonal Fruit 1 CS	#57C 7 Beef Noodle Stroganoff 2 CS <u>Parsley Carrots 1/2 CS</u> <u>Cooked Cabbage</u> Mandarin Oranges 1 CS	#16 Chef Monica's Choice 8 Chili 1 1/2 CS <u>Cinnamon Rolls 2 CS</u> Baby Carrots Blueberry Yourt 1 CS 1 Med Orange 1 CS	#77A 9 Roast Turkey <u>Mashed Potatoes w/ Milk Gravy 2CS</u> <u>Broccoli & V-8 Juice</u> Cranberry Sauce 1 CS Pears 1 CS
#10 12 Chicken Fried Steak 1 CS <u>Mashed Potatoes w/ Milk Gravy 2CS</u> Peas 1 CS Apricots 1 CS	#75A HAPPY BIRTHDAY 13 Baked Chicken 1/2 CS Baked Sweet Potato 1 1/2 CS Green Beans <u>Tomato Spoon Salad 1/2 CS</u> Cake 3 CS & Pears 1 CS	#69D Ash Wed/Valentines Day 14 Macaroni & Cheese 2 CS Peas 1 CS <u>Stewed Tomatoes</u> <u>Berry Fruit Crisp w/Topping 1 1/2 CS</u>	#12E 15 Swiss Steak <u>Mashed Potatoes 1 CS</u> <u>Seasoned Spinach 1/2 CS</u> Jello w/ Topping Pear Half 1/2 CS	#83 16 Homemade Tomato Soup 1 CS <u>Cheese Sandwich 2 CS</u> <u>Spinach Salad 1/2 CS</u> 1 Med Banana 2 CS
# 19 President's Day No Meals	#15-A1 20 Hamburger on a Bun 1 CS <u>Potato Salad 1 1/2 CS</u> Glazed Carrots LS V-8 Juice 1 Med Banana 2 CS	#9 21 Autumn Chicken 1 CS <u>Baked Sweet Potato 1 1/2 CS</u> <u>Harvard Beets 1 CS</u> Tossed Salad Mandarin Oranges 1 CS	#18 22 French Dip Sandwich 1 1/2 CS <u>Baked Potato w/Sour Cream 2 CS</u> Green Beans <u>Crunchy Cranberry Salad 1 CS</u> Apricots 1 CS	#76D 23 Breaded Baked Fish <u>Potato Wedges 1 CS</u> <u>Parsley Carrots 1/2 CS</u> LS V-8 Juice <u>Acini di Pepe 1 CS</u>
#5-1A 26 Hungarian Goulash 3 CS <u>Parsley Carrots 1/2 CS</u> <u>Cooked Cabbage</u> Mandarin Oranges 1 CS	#49 27 Beef Tips & Gravy <u>Mashed Potatoes 1 CS</u> <u>Tossed Salad w/ tomato</u> Broccoli Peaches 1 CS	#17 28 Sausage Gravy over Biscuit 2 CS Green Beans <u>Baked Squash 1 CS</u> <u>Jello w/ Strawberries 1 CS</u>		

*All meals include 8 oz. 1% milk (1 CS)

Menu subject to change without notice

FOR RESERVATIONS OR CANCELLATION

Choice of 1- 2 bread / grain servings (1 – 2 CS)

PLEASE CALL

Carb Servings = (CS) (1 = 15 grams Carbohydrate)

Custer - (605) - 517-0621

**Jellos and Puddings are sugar free

24 HRS. IN ADVANCE

**All canned fruit is in light syrup

Please call by Friday at 4pm if eating Monday

**Fat free dressing is served with salad

Marked for diabetic diets

Please leave your name, where you eat and what day

MEALS PROGRAM