

PREPARED BY: Sandy Wilkinson, Director/certified to contain 1/3 RDA HEDLEY SENIOR CITIZENS, Hedley, Texas

SERVED WITH 2% MILK, TEA OR WATER and Served with Wheat Rolls, Wheat Bread or Cornbread

REVIEWED BY: Mary Roberson Rd, Ld # 13835

MONTH: February YEAR: 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Blackened Chicken Chuckwagon Corn Long Grain & Wild Rice Mandarin Oranges Wheat Roll	2 Ham & Pinto Beans Brown Rice Banana Corn Bread	3 BBQ Chopped Beef on W.W. Bun Pinto Beans Glazed Applesauce Cake
6 Club Sandwich on W.W. Bread Oven Baked Tots Vegetable Medley Apricots	7 Chicken Fried Steak Mashed Potatoes/Cream Gravy Seasoned Corn Pumpkin Squares Wheat Bread	8 Baked Crusted Tilapia Buttered Cauliflower Peach Parfait Wheat Roll	9 Apricot Glazed Pork Loin Baked Potatoe Seasoned Spinach Angel Food Cake W/Strawberries Wheat Bread	10 Cheeseburger Tomato, lettuce, Pickle and Onions Oven Baked Tater Tots Banana Bread Fresh Orange
13 Breaded Chicken Strips Baked Potato Steamed Rice Peaches Wheat Roll	14 Beef Brisket Chopped Spinach Cheesecake w/Fruit Wheat Roll	15 Beef & Bean Chili Baked Apple Slices Whole Grain or Wheat Crackers Cornbread	16 Cheesy Ham Potato Bake Broccoli Wheat Bread Apricots	17 Beef Stew W/Biscuit Topping Carolina Caviar Banana Amish Sugar Cookies
20 Breaded Pork Chop Buttered Corn Long Grain & Wild Rice Tossed Green Salad Wheat Roll Raspberry Dream cake	21 Cheese & Spinach Stuffed Meatloaf Blackeye Peas Mashed Potatoes W/Gravy Robert Redford Dessert Wheat Roll	22 Baked Ham Country Style Green Beans Candied Yams Wheat Roll Easy Peach Cobbler	23 Baked Breaded Chicken Parmesan Baked Potato Tossed Green Salad Apricots Wheat Roll	24 Tuna Salad On Wheat Cabbage, Sausage, & Potato Soup Canned Peaches Banana Cake w/Cream Frosting
27 Soft Beef Tacos Pinto Beans Mexican Rice Carrot Sticks Cherry Blossom Dessert	28 Sloppy Joe Wheat Bread Season Tater Tots Tossed Salad w/ Dressing No Bake Cookies			