

# Capital AAA

## February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			<b>Pork Roast</b> <b>Pork Gravy</b> Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Fruit Margarine	<b>Tuna Salad</b> Lettuce/Tomato Coleslaw Wheat Bread (2) Raisin Crème Cookie
5	6	7	8	9
<b>Baked Meatballs</b> <b>Creole Sauce</b> Fiesta Potatoes Lima Beans Wheat Hot Dog Bun Applesauce	<b>Chicken Fajita/Cheese</b> Spanish Rice Lettuce/Tomato Cilantro Lime Corn with Peppers Flour Tortilla Cherry Craisins Sour Cream	<b>Ham/Black-eyed Peas</b> Rice Mixed Greens Apple Juice Cornbread Fresh Fruit Margarine	<b>Salisbury Patty</b> <b>Brown Gravy</b> Whipped Potatoes Green Beans Wheat Bread Chocolate Pudding Margarine	<b>Smothered Chicken</b> Venetian Vegetables Glazed Carrots White Roll Oatmeal Raisin Cookie Margarine
12	13	14	15	16
<b>Chicken &amp; Sausage</b> <b>Jambalaya</b> Cabbage Carrots Wheat Bread Oatmeal Crème Cookie Margarine	CLOSED	<b>Ash Wednesday</b> <b>Shrimp Gumbo</b> Rice Okra & Tomatoes Cranberry Juice Wheat Bread Peanut Butter Cookie Margarine	<b>Hamburger</b> Lettuce/Tomato/Pickle Baked Beans Wheat Hamburger Bun Mixed Fruit Cobbler Ketchup Mustard/Mayonnaise	<b>Lent Special</b> <b>Seafood Salad</b> Tossed Salad Pickled Beets Saltine Crackers Snickerdoodle Bar Assorted Dressing
19	20	21	22	23
<b>Chili with Beans</b> Country Corn Venetian Vegetables Saltine Crackers Applesauce	<b>BBQ Riblet</b> O'Brien Potatoes Coleslaw Wheat Hamburger Bun Oatmeal Crème Cookie	<b>Taco with Cheese</b> Lettuce & Tomato Pinto Beans Tortilla Chips Fresh Orange Taco Sauce	<b>Ham &amp; Lima Beans</b> Rice Mixed Greens Apple Juice Cornbread Fresh Fruit Margarine	<b>Lent Special</b> <b>Shrimp Etouffee</b> Rice Green Beans Cranberry Juice Wheat Bread Chocolate Chip Cookie Margarine
26	27	28	29	
<b>Chicken Stew</b> Rice Cabbage Apple Juice Wheat Bread Star Crunch Margarine	<b>Turkey &amp; Cheese</b> Lettuce/Tomato/Pickle Pickled Beets Wheat Bread (2) Pineapples and Mandarin Oranges Mustard Mayonnaise	<b>Meat Sauce</b> <b>with Penne Pasta</b> Tossed Salad Italian Vegetables White Bread Apple Cobbler Margarine Assorted Dressing	<b>Sliced Ham</b> <b>Raisin Sauce</b> Whipped Potatoes Broccoli/Cauliflower Wheat Bread Fruited Gelatin Margarine	Each Meal is Served with 1/2 Pint of 2% Milk