

MERCER COUNTY NUTRITION LUNCHES

February 2018


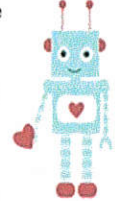

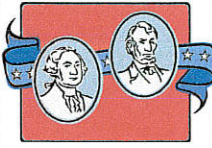
Center: Robbinsville Center Director: Renee Burns Center Phone: 609-259-1567

The Nutrition program continues to grow!

To make room for all participants, reserve your spot ahead of time.

If you cannot join us, make sure to cancel your reservation.

Thank you for your consideration.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WINTER TIPS</p> <p>1) AVOID SLIPPING ON ICE</p> <p>2) DRESS FOR WARMTH</p> <p>3) FIGHT WINTERTIME DEPRESSION</p> <p>4) CHECK THE CAR</p> <p>5) PREPARE FOR POWER OUTAGES</p> <p>6) EAT A VARIED DIET</p> <p>7) PREVENT CARBON MONOXIDE POISONING</p>	<p>Groundhog Day</p>  <p>What's the weather like?</p> <p>If the groundhog comes out of his burrow on 2nd February and doesn't see his shadow, winter will soon end!</p> <p>www.kidspage.com</p>	<p>Valentine's Spelling List</p> <p>heart flowers chocolate cards candy valentine Cupid love hug romance</p>  <p>FrugalHomeschoolFamily.com</p>	<p>1</p> <p>PIZZA</p> <p>JUICE</p> <p>CORN & BLACK BEAN SALAD</p> <p>SPINACH</p> <p>BRAN MUFFIN</p> <p>APPLE SLICES</p>	<p>2</p> <p>POTATO CRUSTED FISH W/TARTAR SAUCE</p> <p>NAVY BEAN SOUP</p> <p>WILD & BROWN RICE BLEND</p> <p>MIXED VEGETABLES</p> <p>PUMPERNICKEL BREAD</p> <p>BROWNIE</p>
<p>5 SUPER BOWL LUNCHEON</p> <p>"HOAGIE " SALAMI, HAM & CHEESE W/MUSTARD, MAYO& ITALIAN DRESSING</p> <p>ROOT BEER</p> <p>INDIVIDUAL POTATO CHIP BAGS</p> <p>LETTUCE & TOMATO HOAGIE ROLL</p> <p>FRUIT COCKTAIL</p>	<p>6</p> <p>BARBECUE CHICKEN LEG QUARTER</p> <p>ROASTED CHICKEN</p> <p>CORN CHOWDER</p> <p>PENNE W/ GARLIC & PARMESAN CHEESE</p> <p>GREEN BEANS</p> <p>WHOLE WHEAT BREAD</p> <p>FRESH PEAR</p>	<p>7</p> <p>BIRTHDAY MONTH CELEBRATION MEAL</p> <p>(2) HOTDOGS W/ (2) PACKETS EACH: KETCHUP & MUSTARD, & RELISH</p> <p>JUICE</p> <p>TATER TOTS W/KETCHUP</p> <p>COLESLAW</p> <p>(2) WHOLE WHEAT HOTDOG ROLLS</p> <p>OATMEAL COOKIE</p>	<p>8</p> <p>BEEF & BROCCOLI W/TERIYAKI SAUCE</p> <p>LENTIL SOUP</p> <p>LO MEIN W/TERIYAKI SAUCE</p> <p>ORIENTAL VEGETABLES</p> <p>PUMPERNICKEL BREAD</p> <p>FRESH TANGERINE</p>	<p>9 VALENTINE'S DAY LUNCH</p> <p>STUFFED SHELLS W/ TOMATO SAUCE</p> <p>JUICE</p> <p>PEAS & PEARL ONIONS</p> <p>GARDEN SALAD W/LITE CAESAR DRESSING</p> <p>WHOLE WHEAT DINNER ROLL</p> <p>CUPCAKE</p>
<p>12 ALL NUTRITION STAFF MEETING</p>  <p>THE NUTRITION PROGRAM WILL BE CLOSED</p>	<p>13</p> <p>SWEETISH MEATBALLS</p> <p>JUICE</p> <p>EGG NOODLES</p> <p>CARROT COINS</p> <p>WHOLE WHEAT BREAD</p> <p>ORANGE SHERBET</p>	<p>14</p> <p>STUFFED CABBAGE W/TOMATO SAUCE</p> <p>NEW ENGLAND CLAM CHOWDER</p> <p>MASHED POTATOES</p> <p>SPINACH SALAD W/BALSAMIC VINAIGRETTE</p> <p>RYE BREAD</p> <p>FRUITED JELLO</p>	<p>15</p> <p>BREADED CHICKEN PATTY W/ KETCHUP & MAYO</p> <p>JUICE</p> <p>ROASTED RED POTATOES W/ BUTTER & HERB SAUCE</p> <p>BROCCOLI</p> <p>HAMBURGER ROLL</p> <p>STRAWBERRY YOGURT</p>	<p>16 "HEATHWISE"</p> <p>TUNA SALAD</p> <p>VEGETARIAN VEGETABLE SOUP</p> <p>PASTA SALAD VINAIGRETTE</p> <p>LETTUCE LEAF</p> <p>WHOLE WHEAT WRAP</p> <p>BANANA</p>
<p>19 PRESIDENT'S DAY HOLIDAY</p>  <p>NUTRITION SITES CLOSED</p>	<p>20</p> <p>LOW SALT HAM W/ PINEAPPLE SAUCE</p> <p>JUICE</p> <p>SCALLOPED POTATOES</p> <p>SNAP PEAS</p> <p>RYE BREAD</p> <p>CHOCOLATE PUDDING</p>	<p>21</p> <p>EGGPLANT PARMESAN W/TOMATO SAUCE AND PARMESAN CHEESE</p> <p>CHICKEN VEGETABLE SOUP</p> <p>PENNE PASTA W/MARINARA SAUCE</p> <p>BRUSSEL SPROUTS</p> <p>ITALIAN BREAD</p> <p>DICED PEACHES</p>	<p>22 MULTI-CULTURAL MEAL</p> <p>KIELBASA W/SAUERKRAUT & MUSTARD</p> <p>JUICE</p> <p>POTATO PANCAKES</p> <p>RED CABBAGE</p> <p>WHOLE WHEAT CLUB ROLL</p> <p>ICE CREAM DIXIE CUP</p>	<p>23</p> <p>CRAB CAKE W/TARTAR SAUCE</p> <p>JUICE</p> <p>MACARONI & CHEESE</p> <p>STEWED TOMATOES</p> <p>RYE BREAD</p> <p>PINEAPPLE CHUNKS</p>
<p>26</p> <p>POT ROAST W/ BROWN GRAVY</p> <p>LENTIL SOUP</p> <p>MASHED POTATOES</p> <p>SCANDINAVIAN VEGETABLES</p> <p>WHOLE WHEAT BREAD</p> <p>BLACK & WHITE COOKIE</p>	<p>27</p> <p>CHICKEN POT PIE</p> <p>JUICE</p> <p>SPINACH SALAD W/ SHREDDED CARROTS & DRIED CRANBERRIES</p> <p>NON-FAT RASPBERRY SALAD DRESSING</p> <p>RYE/PUMPERNICKEL SWIRL</p> <p>VANILLA PUDDING</p>	<p>28 SUPER WEDNESDAY (SOUP & SANDWICH)</p> <p>"RUBEN" TURKEY PASTRAMI, SWISS CHEESE, SAUERKRAUT, AND RUSSIAN DRESSING</p> <p>MINISTRONE SOUP</p> <p>MACARONI SALAD</p> <p>BROCCOLI SALAD</p> <p>(2) SLICES RYE BREAD</p> <p>MANDARIN ORANGES</p>	<p>DAILY MEAL INCLUDES: MILK, MARGARINE AND HOT BEVERAGE</p> <p>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p>BRIAN M. HUGHES</p> <p>COUNTY EXECUTIVE</p> 