



FEBRUARY | 2020

Sandwich Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Turkey Bagel
Raisins
Baked Beans
6

4 Chicken Burrito
Corn with Peppers
Applesauce
7

5 Grilled Chicken
Raisins
Creamy Cucumbers
5

6 Egg Salad
Banana
Coleslaw
6

7 Beef & Bleu Wrap
Pineapple
Side Salad
6

10 Tomato Salami
Raisins
Corn with Peppers
6

11 Beef & Bleu Wrap
Pineapple
Side Salad
6

12 Ham and American
Banana
Yogurt
Carrot & Celery Sticks
6

13 Turkey BLT
Fresh Apple
Carrot Raisin Salad
5

14 Tuna Salad
Three Bean Salad
Peaches
Apple Juice
6

17 **AgeWell
Closed**

18 Pastrami and Swiss
Fruit Cocktail
Fresh Orange
6

19 Southwest Wrap
Tropical Fruit
Carrot & Celery Sticks
5

20 Chicken Veggie Pita
Apple
Side Salad
7

21 Tomato Salami
Raisins
Corn with Peppers
6

24 Crunchy Chicken Wrap
Potato Salad
Raisins
Fruited Jell-O
6

25 PB & J
Tomato Basil Salad
Fresh Apple
6

26 Haystack Pork
Pea & Cheese Salad
Applesauce
4

27 Egg Salad
Baked Beans
Pears
Orange Juice
Birthday Cake
7

28 Seafood Sub
Corn with Peppers
Banana
8

Menu

Includes Low Fat Milk

Meals Include 1/3 of the
Recommended Daily
Allowance (RDA)

Meals Subject to Change

Special Events

February 17:
Closed Presidents Day

February 27:
Birthday Celebration

***The Numbers reflect the
carb count for each meal.
1 carb count = 15g of
carbohydrates



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