

MERCER COUNTY NUTRITION LUNCHES

February 2019










Site: East Windsor Site Manager: Lorraine Tanguay Dining Area Phone: 609-443-3949

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>BRIAN M. HUGHES COUNTY EXECUTIVE</p>	<p>DAILY MEAL INCLUDES: MILK, MARGARINE AND HOT BEVERAGE</p> <p>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p> <p>*Kind Reminder: Remember to submit your monthly reservation form to the manager at your nutrition site to reserve you meals. Thank you.</p>	<p><i>Valentine's Spelling List</i></p> <p>heart flowers chocolate cards candy valentine Cupid love hug romance</p>  <p>FrugalHomeschoolFamily.com</p>	<p><u>WINTER TIPS</u></p> <ol style="list-style-type: none"> 1) AVOID SLIPPING ON ICE 2) DRESS FOR WARMTH 3) FIGHT WINTERTIME DEPRESSION 4) CHECK THE CAR 5) PREPARE FOR POWER OUTAGES 6) EAT A VARIED DIET 7) PREVENT CARBON MONOXIDE POISONING 	<p>1</p> <p><i>COLD</i></p> <p><i>BOXED</i></p> <p><i>LUNCH</i></p>		
<p>4 <i>Super Bowl Luncheon</i></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</p> <p>HOAGIE ROLL</p> <p>FRUIT COCKTAIL</p>	<p>5</p> <p>BARBECUE CHICKEN LEG QUARTER</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>6 <i>BirthDay Month Celebration Meal</i></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>7</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>GRANOLA BAR</p>	<p>8 <i>Celebrating National Pizza Day</i></p> <p>PIZZA</p> <p>JUICE</p> <p>CORN & BLACK BEAN SALAD</p> <p>SPINACH</p> <p>BRAN MUFFIN</p> <p>CHOCOLATE PUDDING</p>		
<p>11</p> <p>BROCCOLI & CHEESE STUFFED CHICKEN</p> <p>BEEF BARLEY SOUP</p> <p>WILD & BROWN RICE BLEND</p> <p>MIXED VEGETABLES</p> <p>PUMPERNICKEL BREAD</p> <p>BROWNIE</p>	<p>12</p> <p>SWEDISH MEATBALLS</p> <p>JUICE</p> <p>EGG NOODLES</p> <p>CARROT COINS</p> <p>WHOLE WHEAT BREAD</p> <p>ORANGE SHERBET</p>	<p>13</p> <p>STUFFED CABBAGE W/TOMATO SAUCE</p> <p>JUICE</p> <p>MASHED POTATOES</p> <p>SPINACH SALAD W/BALSAMIC VINAIGRETTE</p> <p>RYE BREAD</p> <p>FRUITED JELLO</p>	<p>14 <i>Valentine's Day Lunch</i></p> <p>EGGPLANT ROLLATINI 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>CUPCAKE</p>	<p>15</p> <p>CRAB CAKE W/TARTAR SAUCE</p> <p>JUICE</p> <p>MACARONI & CHEESE</p> <p>STEWED TOMATOES</p> <p>DINNER ROLL</p> <p>PINEAPPLE CHUNKS</p>		
<p>18</p> <p><i>President's Day</i></p>  <p>NUTRITION SITES CLOSED</p>	<p>19</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>GRANOLA BAR</p>	<p>20</p> <p>WARM BREADED CHICKEN PATTY W/ KETCHUP & MAYO</p> <p>MINESTRONE SOUP</p> <p>ROASTED RED POTATOES W/ BUTTER & HERB SAUCE</p> <p>BROCCOLI</p> <p>HAMBURGER ROLL</p> <p>STRAWBERRY YOGURT</p>	<p>21 <i>Multi-Cultural Meal</i></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>OREO COOKIES</p>	<p>22 <i>"HEATHWISE"</i></p> <p>TUNA SALAD ON LETTUCE LEAF</p> <p>VEGETARIAN VEGETABLE SOUP</p> <p>POTATO SALAD</p> <p>TOMATO SLICES</p> <p>WHOLE WHEAT WRAP</p> <p>BANANA</p>		
<p>25</p> <p>POT ROAST W/ BROWN GRAVY</p> <p>NAVY BEAN SOUP</p> <p>MASHED POTATOES</p> <p>SCANDINAVIAN VEGETABLES</p> <p>WHOLE WHEAT BREAD</p> <p>BLACK & WHITE COOKIE</p>	<p>26</p> <p>CHICKEN POT PIE</p> <p>JUICE</p> <p>SPINACH SALAD W/ SHREDDED CARROTS & DRIED CRANBERRIES NON-FAT RASPBERRY SALAD DRESSING</p> <p>RYE/PUMPERNICKEL SWIRL</p> <p>VANILLA PUDDING</p>	<p>27 <i>Super Wednesday</i> (SOUP & SANDWICH)</p> <p>"RUBEN" TURKEY PASTRAMI, SWISS CHEESE, SAUERKRAUT, AND RUSSIAN DRESSING</p> <p>SPLIT PEA SOUP</p> <p>MACARONI SALAD</p> <p>BROCCOLI SALAD</p> <p>(2) SLICES RYE BREAD</p> <p>MANDARIN ORANGES</p>	<p>28</p> <p>STUFFED SHELLS W/ TOMATO SAUCE AND PARMESAN CHEESE</p> <p>JUICE</p> <p>PEAS & PEARL ONIONS</p> <p>GARDEN SALAD W/LITE CAESAR DRESSING</p> <p>WHOLE WHEAT DINNER ROLL</p> <p>BROWNIE</p>	<table border="1"> <tr> <td> <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><small>www.ActivityVillage.co.uk</small></p> </td> <td> <p>Groundhog Day</p>  <p>What's the weather like?</p> <p>If the groundhog comes out of his burrow on 2nd February and sees his shadow, winter will last another six weeks!</p> <p><small>www.ActivityVillage.co.uk</small></p> </td> </tr> </table>	<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><small>www.ActivityVillage.co.uk</small></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 sees his shadow, winter will last another six weeks!</p> <p><small>www.ActivityVillage.co.uk</small></p>
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