


# Washtenaw County February 2018

Monday		Tuesday		Wednesday		Thursday		Friday	
						<b>1</b> Potato Crusted Fish Cheesy Potatoes Green Peas Wheat Bread Peaches Milk Tartar Sauce Margarine <i>671 mg Sodium</i>		<b>2</b> Turkey Hot Dog Beef Chili Baked Beans Hot Dog Bun Fresh Banana Milk  <i>1161 mg Sodium</i>	
<b>5</b> Beef with Pepper Gravy Succotash Broccoli Multi Grain Bread Butterscotch Pudding Milk Margarine  <i>1167 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	<b>6</b> Lemon Pepper Chicken Thigh Brown Rice Turnip Greens Wheat Roll Pears Milk Margarine  <i>462 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	<b>7</b> Pork with Supreme Sauce Country Potatoes Glazed Carrots Texas Bread Fresh Banana Milk Margarine  <i>773 mg Sodium</i>	3 oz 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	<b>8</b> Macaroni & Cheese Tossed Salad Green Beans Multi Grain Bread Hot Spiced Apples Milk Margarine Ranch Dressing <i>1115 mg Sodium</i>	1 cup 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each 1 each	<b>9</b> Meatloaf Brown Gravy Whipped Potatoes Brussels Sprouts Multi Grain Bread Fresh Cantaloupe Milk Margarine <i>825 mg Sodium</i>	1 each 1 oz 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each
<b>12</b> Chicken Strips Teriyaki Sauce Brown Rice Japanese Vegetables Wheat Roll Fresh Pineapple Milk Margarine <i>970 mg Sodium</i>	3 oz 1 oz 1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	<b>13</b> <b>Valentine's Day</b>  POTLUCK  Baked Potato Bar	3 oz 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	<b>14</b> <b>Ash Wednesday</b> Crabmeat Macaroni Salad California Vegetable Salad Beet Salad Saltine Crackers Fresh Banana Milk  <i>1386 mg Sodium</i>	3/4 cup 1/2 cup 1/2 cup 2 packs 1 each 1 each	<b>15</b> Spaghetti with Meat Sauce Broccoli Garlic Texas Bread Peaches Milk Margarine  <i>726 mg Sodium</i>	1 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	<b>16</b> Breaded Pollock Parslied Buttermilk Potatoes Coleslaw Hamburger Bun Hot Spiced Apples Milk Margarine Tartar Sauce <i>1034 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each 1 each
<b>19</b>  CENTER CLOSED	1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each 1 each	<b>20</b> White Chicken Chili Brussels Sprouts Garlic Texas Bread Hot Sliced Peaches Milk Margarine  <i>903 mg Sodium</i>	1 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	<b>21</b> Meatloaf Tomato Gravy Brown Rice Mixed Vegetables Wheat Roll Fresh Banana Milk Margarine <i>1109 mg Sodium</i>	1 each 1 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	<b>22</b> Sliced Turkey Breast Turkey Gravy Whipped Potatoes Green Beans Wheat Roll Fresh Apple Slices Milk Margarine <i>699 mg Sodium</i>	3 oz 1 oz 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	<b>23</b> Tuna Noodle Casserole Carrot Sticks Mixed Greens Seasoned Mixed Beans Chocolate Chip Cookie Milk Margarine  <i>1145 mg Sodium</i>	1 cup 6 each 1/2 cup 1/2 cup 1 each 1 each 1 each
<b>26</b> Baked Chicken Breast Balsamic Onion Sauce Whipped Potatoes Broccoli Multi Grain Bread Sugar Cookie Milk Margarine <i>494 mg Sodium</i>	1 each 1 oz 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	<b>27</b> Hamburger Patty Lettuce & Tomato Macaroni & Cheese Mixed Vegetables Hamburger Bun Strawberry Flavored Raisins Milk Mustard/Ketchup <i>907 mg Sodium</i>	1 each 1/4 cup 1/2 cup 1/2 cup 1 each 1 pack 1 each 1 each	<b>28</b> Glazed Ham Black Eyed Peas Mixed Greens Cornbread Fresh Banana Milk Margarine  <i>860 mg Sodium</i>	3 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each				

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Monday		Tuesday		Wednesday		Thursday		Friday	
						<b>1</b> Taco Beef 4 oz Lettuce & Tomato 1/4 cup Shredded Cheese 1/2 cup Mixed Beans 1/2 oz Fiesta Mixed Vegetables 1/2 cup Flour Tortilla 1 each Pineapple Tidbits 1/2 cup Milk 1 each <i>953 mg Sodium</i>		<b>2</b> Potato Crusted Fish 1 each Confetti Rice 1/2 cup Harvard Beets 1/2 cup Wheat Roll 1 each Applesauce 1/2 cup Milk 1 each Margarine 1 each Tartar Sauce 1 each <i>1067 mg Sodium</i>	
<b>5</b> Swedish Meatballs 3 each Rotini Noodles with Sauce 1/2 cup Baby Carrots 1/2 cup Multi Grain Bread 1 slice Strawberry Flavored Raisins 1 pack Milk 1 each Margarine 1 each <i>905 mg Sodium</i>		<b>6</b> Honey Mustard Chicken 1 piece Navy Beans 1/2 cup Brussels Sprouts 1/2 cup Wheat Roll 1 each Sliced Apples 1/2 cup Milk 1 each Margarine 1 each <i>753 mg Sodium</i>		<b>7</b> Salisbury Beef 1 each Brown Gravy 1 oz Whipped Potatoes 1/2 cup Mixed Vegetables 1/2 cup Wheat Roll 1 each Lemon Swirl Pudding 1/2 cup Milk 1 each Margarine 1 each <i>965 mg Sodium</i>		<b>8</b> Pork Roast 3 oz Brown Gravy 1 oz Whipped Sweet Potatoes 1/2 cup Mixed Greens 1/2 cup Multi Grain Bread 1 slice Fruit Cocktail 1/2 cup Milk 1 each Margarine 1 each <i>554 mg Sodium</i>		<b>9</b> Pasta Primavera 1 cup Green Beans 1/2 cup Broccoli 1/2 cup Wheat Roll 1 each Fresh Banana 1 each Milk 1 each Margarine 1 each <i>697 mg Sodium</i>	
<b>12</b> Swiss Steak 1 each Whipped Potatoes 1/2 cup Diced Beets 1/2 cup Multi Grain Bread 1 slice Applesauce 1/2 cup Milk 1 each Margarine 1 each <i>804 mg Sodium</i>		<b>13</b> Chicken Strips 3 oz Lettuce & Tomato 1/4 cup Shredded Cheese 1/2 oz Pinto Beans 1/2 cup Fiesta Vegetables 1/2 cup Flour Tortilla 1 each Fresh Pineapple 1/2 cup Milk 1 each Ranch Dressing 1 each <i>977 mg Sodium</i>		<b>14</b> Sliced Turkey Breast 3 oz Turkey Gravy 1 oz Whipped Potatoes 1/2 cup Green Beans 1/2 cup Multi Grain Bread 1 slice Raisin Crème Pie 1 each Milk 1 each Margarine 1 each <i>625 mg Sodium</i>		<b>15</b> <i>St. Patrick's Day</i> Roast Beef with Mustard Sauce 3 oz Red Potatoes 1/2 cup Cabbage with Carrots 1/2 cup Wheat Roll 1 each Pistachio Whip 1/2 cup Milk 1 each Margarine 1 each <i>622 mg Sodium</i>		<b>16</b> Potato Crusted Fish 1 each Cheesy Potatoes 1/2 cup Green Peas 1/2 cup Wheat Bread 1 slice Peaches 1/2 cup Milk 1 each Tartar Sauce 1 each Margarine 1 each <i>671 mg Sodium</i>	
<b>19</b> Beef with Pepper Gravy 1 each Succotash 1/2 cup Broccoli 1/2 cup Multi Grain Bread 1 slice Butterscotch Pudding 1/2 cup Milk 1 each Margarine 1 each <i>1167 mg Sodium</i>		<b>20</b> Lemon Pepper Chicken Thigh 1 each Brown Rice 1/2 cup Turnip Greens 1/2 cup Wheat Roll 1 each Pears 1/2 cup Milk 1 each Margarine 1 each <i>462 mg Sodium</i>		<b>21</b> Pork with Supreme Sauce 3 oz Country Potatoes 1/2 cup Glazed Potatoes 1/2 cup Texas Bread 1 slice Fresh Banana 1 each Milk 1 each Margarine 1 each <i>773 mg Sodium</i>		<b>22</b> Meatloaf 1 each Brown Gravy 1 oz Whipped Potatoes 1/2 cup Brussels Sprouts 1/2 cup Multi Grain Bread 1 slice Fresh Cantaloupe 1/2 cup Milk 1 each Margarine 1 each <i>825 mg Sodium</i>		<b>23</b> Macaroni & Cheese 1 cup Tossed Salad 1/2 cup Green Beans 1/2 cup Multi Grain Bread 1 slice Hot Spiced Apples 1/2 cup Milk 1 each Margarine 1 each Ranch Dressing 1 each <i>1115 mg Sodium</i>	
<b>26</b> Chicken Strips 3 oz Teriyaki Sauce 1 oz Brown Rice 1/2 cup Japanese Vegetables 1/2 cup Wheat Roll 1 each Fresh Pineapple 1/2 cup Milk 1 each Margarine 1 each <i>970 mg Sodium</i>		<b>27</b> Beef Stew 1 cup Whipped Potatoes 1/2 cup Spinach 1/2 cup Multi Grain Bread 1 slice Applesauce 1/2 cup Milk 1 each Margarine 1 each <i>654 mg Sodium</i>		<b>28</b> Honey Baked Chicken 1 piece Au Gratin Rotini 1/2 cup Italian Vegetables 1/2 cup Wheat Roll 1 each Fresh Banana 1 each Milk 1 each Margarine 1 each <i>954 mg Sodium</i>		<b>29</b> Spaghetti with Meat Sauce 1 cup Broccoli 1/2 cup Garlic Texas Bread 1 slice Peaches 1/2 cup Milk 1 each Margarine 1 each <i>726 mg Sodium</i>		<b>30</b> Breaded Pollock 1 each Parslied Buttermilk Potatoes 1/2 cup Coleslaw 1/2 cup Hamburger Bun 1 each Hot Spiced Apples 1 each Milk 1 each Margarine 1 each Tartar Sauce 1 each <i>1034 mg Sodium</i>	