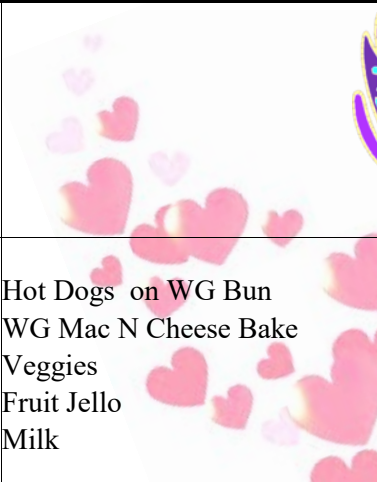








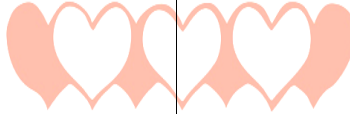



February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>USDA and this institution are equal Opportunity providers and employers</i></p>			Pizza on WG Crust 1 Caesar Salad Fruit Milk	Salisbury Steak 2 with Gravy Garlic Mashers Veggies WG Roll Fruit
Tater Tot Casserole 5 with Ground Beef Cherry Tomato Salad WG Muffin Fruit Milk	Hot Dogs on WG Bun WG Mac N Cheese Bake Veggies Fruit Jello Milk	Pulled Pork on WG Hoagie 7 Bag of Chips Veggies Fruit Milk 	Cheeseburger on WG Bun 8 Lettuce & Tomatoes Jo-jo's Fruit Milk	Chicken Fettuccini (WG) 9 Mixed Field Greens Salad WG Garlic French Bread Fruit Milk
Chicken Pot Pie 12 Spinach Strawberry Salad WG Biscuit Fruit Milk 	Club Sub on WG Bun 13 Cream Broccoli Cheese Soup Fruit Milk	Chicken Patty Burger on 14 WG Bun Broccoli Salad Chips Veggies, Fruit, Milk 	Egg Salad on WG Croissant 15 Vegetarian Lentil Soup WG Crackers Fruit Milk 	Chicken Tamale Pie Bake 16 Sour Cream & Salsa WG Tortilla Chips Mixed Field Greens Salad Fruit Milk
Fish 19 WG Rice Medley Veggies WG Biscuit Fruit Milk 	BBQ Chicken Thighs 20 Potato Salad Veggies WG Cornbread Fruit Milk 	Chicken Enchiladas 21 WG Tortillas Refried Beans WG Spanish Rice Salsa & Sour Cream Fruit Milk	Cheesy Egg Bake 22 w/Veggies Sausage Links WG French Toast w/Strawberries Milk	Tuna & Cheese Melt 23 On WG Bread Tomato Ravioli Soup WG Crackers Veggies Fruit, Milk
Herb Chicken Thighs 26 Baked Beans Veggies Fruit Salad WG Biscuit Milk 	Chicken Salad 27 On WG Croissant Minestrone Soup Veggies Fruit Milk	WG Spaghetti w/Meatballs 28 WG Garlic French Bread Caesar Salad Fruit Milk 		<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Milk</p> <p style="text-align: center;">Lochmead Dairy</p> <p style="text-align: center;">All milk served is</p> <p style="text-align: center;">1%/non-fat unflavored or</p> <p style="text-align: center;">non-fat flavored milk for</p> <p style="text-align: center;">adult participants.</p> </div>

***BAKED POTATO BAR INCLUDES: POTATO, TACO MEAT, MELTED CHEESE, TOMATOES, GREEN ONIONS, COOKED BROCCOLI, SOUR CREAM & SALSA
 Legend: WG = Whole Grain

Valentine's Day Party
 After 1.5 weeks of voting we crown the King and Queen of our court at our annual Valentine's Day Party on Wednesday February 14th at 1:30. There will be music, dancing & special treats made by the OSU Healthy Aging Club.



For being a short month February has a lot of holidays!!! We don't have time to celebrate all of them. This year we are focusing on the Chinese New Year with presentations & videos about China. Thanks to the Corvallis Multicultural Literacy Center & the Benton County Library for all the wonderful materials that are available to us.



OUTINGS

We have 2 small outings this month. A visit to the Benton County Historical Museum in Philomath on Tuesday February 6th. The show at the museum is on wood marquetry & carving. Many participants are interested in seeing this! And on Thursday February 22nd bowling at Highland Bowl!!

Reminder: We are still in the cold and flu season. Please wash your hands often, drink plenty of fluids and take care of yourself!

