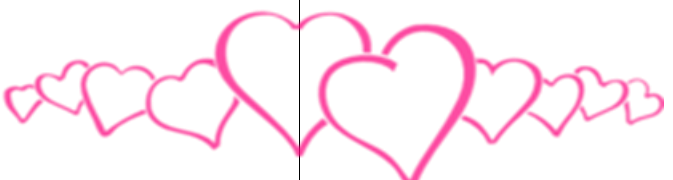




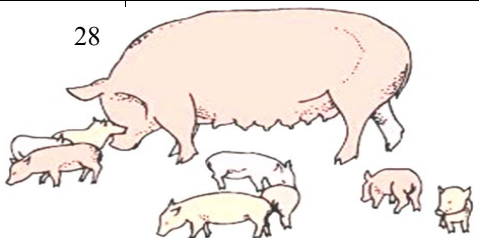


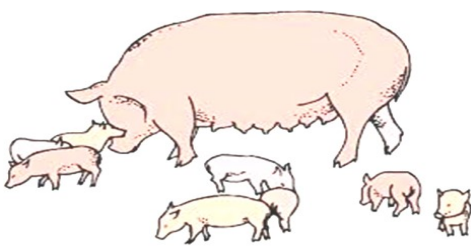
February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>USDA and this institution are equal Opportunity providers and employers</i></p>	<p>Milk Lochmead Dairy All milk served is 1%/non-fat unflavored or non-fat flavored milk for adult participants.</p>			<p>Veggie Chili with (WGR) Cornbread Bowl 1 Sour Cream, Green Onions & Cheese Mixed Field Greens Salad Fruit Milk</p>
<p>Fish (WGR Breeding) 4 WG Rice Medley Veggies WGR Biscuit Fruit Milk</p>	<p>BBQ Chicken Thighs 5 Potato Salad Veggies WGR Cornbread Fruit Milk</p> 	<p>Chicken Enchiladas 6 WGR Tortillas Refried Beans WG Spanish Rice Salsa & Sour Cream Fruit Milk</p>	<p>Cheesy Egg Bake 7 w/Veggies Sausage Links WGR French Toast w/Strawberries Milk</p>	<p>Tuna & Cheese Melt 8 On WGR Bread Tomato Ravioli Soup WGR Crackers Veggies Fruit, Milk</p>
<p>Herb Chicken Thighs 11 Baked Beans Veggies Fruit Salad WGR Biscuit Milk</p>	<p>Chicken Salad 12 On WGR Croissant Minestrone Soup Veggies Fruit Milk</p>	<p>WGR Spaghetti 13 With Meatballs WGR Garlic French Bread Caesar Salad Fruit Milk</p>	<p>Chicken Teriyaki 14 with WG Rice Veggies WGR Roll Fruit Milk</p> 	<p>Ground Beef Meatloaf 15 Oven Roasted Red Potatoes Veggies WGR Biscuit Cottage Cheese w/Fruit Milk</p>
<p>Salisbury Steak w/ Gravy 18 Garlic Mashers Veggies WGR Roll Fruit Milk</p>	<p>Ground Beef Lasagna (WG) 19 Veggies Fruit WGR Garlic Bread Milk</p> 	<p>Sliced Turkey 20 With Cranberry Sauce Mashed Potatoes w/Gravy Veggies WGR Roll Fruit Milk</p>	<p>Baked Potato Bar *** 21 Veggies WGR Muffin Fruit Milk</p>	<p>Pizza on WGR Crust 22 Caesar Salad Fruit Milk</p>
<p>Chicken Fettuccini (WGR) 25 Mixed Field Greens Salad WGR Garlic French Bread Fruit Milk</p>	<p>Orange Chicken 26 w/WGR Pasta Broccoli WGR Muffin Fruit Milk</p>	<p>Hot Dogs on WGR Bun 27 WGR Mac N Cheese Bake Veggies Fruit Jello Milk</p>	<p>Pulled Pork 28 on WGR Hoagie Bag of Chips Veggies Fruit Milk</p> 	

February's Outings

We have two marvelous outings this month. Our first outing is to the Benton County Historical Museum in Philomath. We are going there on Friday February 15th to see the Roaring 20's exhibit in the main gallery and in the upstairs gallery we will find "Two Voices and Duets" Paintings by William Shumway and Leslie Green. Our second outing is to an OSU Farm Animal Barn. On Thursday February 28th we will take a tour of the Swine




Barn learning about the OSU farm program on pigs. SUEEY!!

Year of the Pig

This year the Chinese New Year (February 5th-19th) celebrates the Year of the Pig. We will be doing various activities during the month learning about Chinese culture and pigs!

Pajama Day: Thursday February 7th
It's always nice to break up the monotony of everyday life. Participants and staff do it by having a fun relaxing day wearing our robes and slippers.



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