




Elk Mountain 307-348-7387 Please R.S.V.P. by 8:30 A.M. the morning of the meal

<p>FEBRUARY 2019</p> 	<p>Happy Birthday</p> <p>Jerry Runyan 15</p>				<p>FRIDAY 1</p> <p>Meatloaf Oven Roasted Pot. Steamed Cabbage Wheat Roll Banana Dessert Milk</p>	<p>SATURDAY 2</p>
<p><u>Recommended Serving Sizes</u></p> <p>3 oz. meat ½ cup of vegetables ½ cup of fruit 2 servings of bread or complex carbohydrate 1 cup of 2% milk</p>	<p>MONDAY 4</p> <p>Goulash Brussel Sprouts Wheat Bread Orange Whip Milk</p>	<p>TUESDAY 5</p> <p>Chicken Enchilada Sour Cream/Salsa Spanish Rice Zucchini Fruit Cocktail Milk</p>	<p>WEDNESDAY 6</p> <p>Pizza w/ Meat & Veggies Broccoli Peach Crisp Milk</p>	<p>THURSDAY 7</p> <p>Ham & Beans Coleslaw Cornbread Strawberries Milk</p>	<p>FRIDAY 8</p> <p>Salmon Patty O'Brien Potato Beets Wheat Bread Pineapple Tidbits Milk</p>	<p>SATURDAY 9</p> <p>Elk Mt Breakfast 9:00 AM Pancakes Sausage Patty Juice Milk</p>
	<p>MONDAY 11</p> <p>Beef Stroganoff Egg Noodles Peas & Carrots Wheat Bread Pears Milk</p>	<p>TUESDAY 12</p> <p>Baked Pork Chop Rice Pilaf Asparagus Wheat Roll Apricots Milk</p>	<p>WEDNESDAY 13</p> <p>Roast Beef Mash. Pot./gravy Squash Blend Wheat Roll Purple Plums Milk</p>	<p>THURSDAY 14</p> <p>Egg Salad Sandwich Vegetable Soup Pickle spear Cherry Cheese Cake Milk</p>	<p>FRIDAY 15</p> <p>Hot Turkey Sandwich Mash. Pot./gravy Green Beans Pineapple Upside-Down Cake Milk</p>	<p>SATURDAY 16</p>
	<p>MONDAY 18</p> <p> President's Day</p> <p>Company Holiday CLOSED</p>	<p>TUESDAY 19</p> <p>Bean Burritos Green Chili Spanish Rice Lettuce; Tomatoes Peaches Milk</p>	<p>WEDNESDAY 20</p> <p>Oven Chicken Mashed Pot./gravy Brussel Sprouts Wheat Roll Trop. Fruit Salad Milk</p>	<p>THURSDAY 21</p> <p>Taco Salad w/ Beef, Taco Chips lettuce, Cheese, & Tomato Mandarin Oranges Cinnamon Roll Milk</p>	<p>FRIDAY 22</p> <p>Crab Cake Macaroni/cheese Broccoli Wheat Bread Apricots Milk</p>	<p>SATURDAY 23</p> <p>Elk Mt Breakfast 9:00 AM Sausage Gravy Biscuits Juice Milk</p>
	<p>MONDAY 25</p> <p>Sweet/Sour Chicken Steamed Rice Egg Rolls Oriental Veg. Citrus Fruit Milk</p>	<p>TUESDAY 26</p> <p>Pork Roast Baked Potato Spinach Wheat Bread Applesauce Milk</p>	<p>WEDNESDAY 27</p> <p>Beef Stew Tossed Salad Cheese/roll Cherries Brownie Milk</p>	<p>THURSDAY 28</p> <p>Chicken Pot Pie w/ Pot., Peas, Carrots, Biscuit Topper Tossed Salad Peaches Milk</p>		