

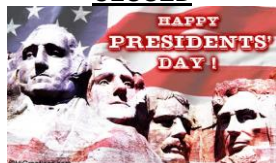




HELENA/EAST HELENA DDC MENU

FEBRUARY 2018-MEALS SERVED FROM 11:00 – 12:30

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>LOW FAT MILK IS SERVED EVERY DAY AT CONGREGATE SITES, AND DELIVERED EVERY MONDAY, WEDNESDAY AND FRIDAY TO HOME DELIVERED MEAL (HDM) CUSTOMERS</p>	<p>1 EGG & SAUSAGE BAKE FRENCH TOAST STICKS BREAKFAST POTATOES MIXED VEGETABLES</p> <p>FRUITED JELLO (HDM)</p>	<p>2 HAMBURGER & SPANISH RICE JUMBLE CORN & BEAN MEDLEY YELLOW & GREEN ZUCCHINI GOLDEN PEARS</p>
<p>5 LEMON PEPPER COD ROTINI NOODLES VEGETABLE MEDLEY BRUSSEL SPROUTS FRUIT CUP</p>	<p>6 CALICO BEANS CARROT COINS PICKLED BEETS WHOLE GRAIN ROLL FRESH FRUIT (HDM)</p>	<p>7 ZITI NOODLES W/MEATBALLS GARLIC BREAD GOLDEN CORN GREEN BEANS JUICY PEACHES</p>	<p>8 OPEN FACE PORK SANDWICH W/GRAVY MASHED POTATOES GREEN PEAS PINEAPPLE CARROT RAISIN SALAD (HDM)</p>	<p>9 <u>BIRTHDAY DINNER</u> ORANGE CHICKEN WILD RICE STEAMED BROCCOLI CAULIFLOWER & CARROTS BAKED APPLES CAKE & ICE CREAM <u>NO SALAD BAR</u></p>
<p>12 PASTY WITH GRAVY WINTER BLEND VEGETABLES GARDEN PEAS APRICOT HALVES</p>	<p>13 PARMESAN CHICKEN BREAST BUTTERED ROTINI GREEN BEANS CARROT COINS FRESH FRUIT (HDM)</p>	<p>14 PORK & VEGGIE STIR FRY STEAMED RICE DICED BEETS PINEAPPLE</p>	<p>15 VEGGIE, EGG & CHEESE BAKE BREAKFAST POTATO CUBES VEGETABLE MIX WHOLE GRAIN BREAD TOSSED GREEN SALAD W/BEANS (HDM)</p>	<p>16 BREADED VEAL W/GRAVY MASHED POTATOES BROCCOLI SPEARS WHOLE GRAIN ROLL CRANBERRIES</p>
<p>19 <u>CLOSED</u></p> 	<p>20 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXI-CORN MIXED FRUIT FRESH FRUIT (HDM)</p>	<p>21 BAKED HAM MACARONI AND CHEESE MIXED VEGGIES GARDEN PEAS CINNAMON APPLESAUCE</p>	<p>22 SLOPPY JOES ON A BUN POTATO WEDGES BAKED BEANS SWEET PEACHES COLESLAW (HDM)</p>	<p>23 OVEN BAKED CHICKEN WILD RICE PILAF BROCCOLI & CAULIFLOWER GREEN BEANS JUICY PEARS</p>
<p>26 HUNGARIAN GOULASH MIXED VEGETABLES GREEN PEAS APRICOTS</p>	<p>27 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRESH FRUIT (HDM)</p>	<p>28 TURKEY NOODLE CASSEROLE PICKLED BEETS BRUSSELS SPROUTS FRUIT CRISP</p>	<p>CONGREGATE MEALS IN HELENA HAVE A FULL SALAD BAR UNLESS OTHERWISE STATED.</p> 	

USDA prohibits discrimination in the administration of this program. To file a complaint, write to Secretary of Agriculture, Washington D.C. 20250.

This menu has been reviewed and approved by a Registered Dietitian, Cassandra Drynan, RDN Cassandra Drynan, RDN.

Suggested donation for 60 years old and over \$4.00 and under 60 years \$7.00.