

FEBRUARY

CENTRAL VALLEY PACE MENU

MON

TUE

WED

THU

FRI

WEEK 1

5

DICED TURKEY
W/GRAVY
OVER BROWN
RICE
STEAMED
BROCCOLI

6

BALSAMIC
GLAZED
CHICKEN W/
SAUTEED DICED
ASPARGUS,
CHERRY
TOMATOES &
DICED SWEET
POTATOES

7

HOME-STYLE
MEATLOAF
W/ GRAVY
MASHED
POTATOES
ROASTED BELL
PEPPERS AND
CARROTS

8

CHICKEN
CORDON BLEU
W/GREEN BEANS
GREEN SIDE
SALAD
W/SHREDDED
CARROTS AND
RANCH
DRESSING

9

SCRAMBLED EGGS
W/BELL PEPPER
AND SPINACH
TURKEY SAUSAGE
PATTY
COUNTRY RED
POTATOES
FRESH FRUITS

WEEK 2

12

TURKEY
CHILI
CORNBREAD
PEAS &
CARROTS

13

SWEET & SOUR
CHICKEN
STEAMED
BROWN RICE
STEAMED
BROCCOLI

14

TURKEY
TOSTADA
BEANS
VEGETABLES
CORN
TORTILLA
CHIPS

15

CHICKEN
SALAD
WHOLE GRAIN
ONION ROLL
GREEN SALAD
W/CHEESE,
CROUTONS &
BALSAMIC
DRESSING

16

BEEF
W/BROCCOLI
STEAMED
BROWN RICE
AND CARROTS

WEEK 3

19

CLOSED
IN
OBSERVANCE
OF PRESIDENT'S
DAY

20

CHICKEN
TENDERS
HERB RICE
GREEN SIDE
SALAD W/
SHREDDED
CARROTS AND
RANCH
DRESSING

21

SALISBURY
STEAK
W/GRAVY
ROASTED RED
POTATOES
STEAMED
CAULIFLOWER

22

CHICKEN
CASSEROLE
GREEN BEANS &
CHERRY
TOMATOES
WHOLE GRAIN
DINNER ROLL

23

ASIAN GARLIC
PASTA W/DICED
CHICKEN
SPINACH &
ARUGULA SALAD
W/BALSAMIC
DRESSING

WEEK 4

26

SEASAME GINGER
BEEF
STEAMED BROWN
RICE
STIR FRY VEGGIE
MIX-BELL
PEPPERS, ONIONS,
MUCHSROOMS &
ZUCCHINI

27

CHICKEN &
ANDOUILLE
SAUSAGE
JAMBALAYA MIX
GREEN SIDE
SALAD
W/SHREDDED
CARROTS AND
RANCH
DRESSING

28

CHEESEBURGER
ON WHOLE
GRAIN BUN
W/LETTUCE &
TOMATO, MAYO,
KETCHUP,
MUSTARD
CUCUMBER
BALSAMIC SIDE
SALAD
FRESH FRUIT

29

DICED
TURKEY
RICE PILAF
GREEN BEANS

1

EGG SARATOGA
POTATOES
SPINACH &
ARUGULA
SALAD
W/BALSAMIC
DRESSING
MIXED FRUIT

