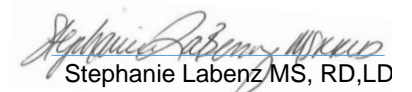


# February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Taco Soup	Grilled Chicken on Bun	Goulash	Crispy Fish	Meatballs
Spinach Salad	Peas & Carrots	Mixed Vegetables	Creamy Potatoes	Mashed Potatoes & Gravy
Crackers	French Fries	Applesauce	Corn O'Brien	Asparagus
Pineapple	Cranberry Fluff Salad	Orange	Mixed Berries	Pears
Cookie	Granola Bar	Garlic Bread	Cherry Dump Cake	Muffin
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>Cook's Choice</b>	Pork Loin	Cod	Herb Baked Chicken	Beef Macaroni & Cheese
Beef Burger	Mashed Potatoes	Party Potatoes	Parmesan Potato	Stewed Tomatoes
Tator Tots	Peas	Brussels Sprouts	Tuscan Blend Vegetables	Broccoli
Green Beans	Strawberry Shortcake	Garlic Toast	Apricots	Orange
Peaches		Vanilla Fruit Salad	Cookie	Banana Bar
yogurt				
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>CLOSED</b>	<b>Cook's Choice</b>	Meatloaf	Scalloped Potatoes	Chili
<b>PRESIDENT' DAY</b>	Cheesy Broccoli Soup	Mashed Potatoes & Butter	w/ Turkey Ham	Corn
	BLT Salad	Peas	Asparagus	Crackers
	Pickled Beets	Strawberries	Banana and Orange Cup	Peaches
	Apple	Cookie	Dessert	Berry Crisp
		<b>BIRTHDAY DAY</b>		
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Baked Potato w/	Salisbury Steak	Fish Sandwich	Pizza	Smothered Pork Chop
Turkey Ham	Rice	Steak Fries	Lettuce Salad	Cheesy Texas Potatoes
Cheese Sauce	Carrots	Coleslaw	Banana	Beets
Broccoli	Pears	Strawberries	Orange Jell-O	Pineapple
Tropical Fruit	Dessert	Cookie		Cake
Pistachio Salad				
	<b>To cancel a meal, call</b>		<b>If Newton Schools are</b>	
	<b>641-792-7102</b>		<b>cancelled because of</b>	
	<b>or Toll Free</b>		<b>weather, we are</b>	
	<b>1-866-942-7102</b>		<b>cancelled too!</b>	
			<b>Listen to KCOB</b>	
			<b>(95.9 FM &amp; 1280 AM)</b>	

\*\*Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.

  
Stephanie Labenz MS, RD,LD