

**FEBRUARY 2023
FORT MORGAN MEAL SITE**



FOR RESERVATIONS OR CANCELATIONS CALL 380-7859 BY 8:00 P.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>MEXICAN CHICKEN BAKE PEAS & CARROTS CORN MUFFIN TROPICAL FRUIT CUP</p> <p>Calories: 718 Carbs: 92.6g Fib: 9.9g Protein: 40.4g Fat: 22.6g Sod: 957mg</p>	<p>2</p> <p>SWEDISH MEATBALLS RICE LAYERED SALAD WW ROLLS STRAWBERRIES & BANANAS</p> <p>Calories: 699 Carbs: 96.4g Fib: 10.1g Protein: 37.1g Fat: 20.8g Sod: 653mg</p>	<p>3</p> <p>SCALLOPED HAM & NOODLES APPLE CARROT RAISIN SALAD CAULIFLOWER & PEAS APRICOT HALVES</p> <p>Calories: 722 Carbs: 105.4g Fib: 11.2g Protein: 34.2g Fat: 20.5g Sod: 731mg</p>
	<p>6</p> <p>LASAGNA TOSSED GREEN SALAD W/ DRESSING MIXED VEGETABLES GARLIC BREAD FRUIT CUP</p> <p>Calories: 607 Carbs: 94.1g Fib: 11.2g Protein: 34.3g Fat: 14.1g Sod: 877mg</p>	<p>7</p> <p>SOUTHWEST CHICKEN SOUP FRITO SALAD CORN MUFFIN PEAR ORANGE FRUIT CUP APPLE GRANOLA COOKIE</p> <p>Calories: 797 Carbs: 93.2g Fib: 10.0g Protein: 37.1g Fat: 32.5g Sod: 906mg</p>	<p>8</p> <p>TUNA NOODLE CASSEROLE CALIFORNIA VEGETABLES ORANGE MUFFIN PINEAPPLE TIDBITS OATMEAL NUT COOKIE</p> <p>Calories: 787 Carbs: 104.6g Fib: 10.0g Protein: 36.3g Fat: 28.0g Sod: 667mg</p>	<p>9</p> <p>YANKEE POT ROAST AU GRATIN POTATOES BRUSSEL SPROUTS SUPREME RAISIN ROLLS SLICED BANANAS</p> <p>Calories: 697 Carbs: 93.1g Fib: 11.0g Protein: 40.6g Fat: 20.8g Sod: 619mg</p>
<p>13</p> <p>SAVORY BAKED CHICKEN PARSLIED RICE CAULIFLOWER & PEAS APPLE MUFFIN PEACH SLICES</p> <p>Calories: 673 Carbs: 82.5g Fib: 9.5g Protein: 43.0g Fat: 20.2g Sod: 738mg</p>	<p>14</p> <p>BEEF STROGANOFF w/ NOODLES BEAN MEDLEY BRAN MUFFIN PLUMS ORANGE JUICE</p> <p>Calories: 625 Carbs: 99.2g Fib: 9.9g Protein: 32.1g Fat: 13.2g Sod: 555mg</p>	<p>15</p> <p>VEGETABLE BEEF SOUP COTTAGE CHEESE & PINEAPPLE SALAD GARLIC CHEESE BISCUITS FRUIT CUP OATMEAL BANANA RAISIN COOKIE</p> <p>Calories: 672 Carbs: 95.7g Fib: 10.1g Protein: 36.1g Fat: 18.5g Sod: 680mg</p>	<p>16</p> <p>SLOPPY JOE SANDWICH OVEN BROWNED POTATOES ASPARAGUS CUTS FRUIT COCKTAIL APPLE GRANOLA COOKIE</p> <p>BIRTHDAY RECOGNITION</p> <p>Calories: 729 Carbs: 107.4g Fib: 10.9g Protein: 35.1g Fat: 20.8g Sod: 501mg</p>	<p>17</p> <p>BAKED FISH BAKED POTATO CALIFORNIA VEGETABLES ROLL APRICOT HALVES OATMEAL RAISIN COOKIES</p> <p>Calories: 657 Carbs: 102.8g Fib: 9.8g Protein: 30.2g Fat: 16.2g Sod: 770mg</p>
<p>20</p> <p>CHICKEN PENNE CASSEROLE PEAS ROLLS FRUIT CUP</p> <p>Calories: 656 Carbs: 92.7g Fib: 12.4g Protein: 40.9g Fat: 15.6g Sod: 429mg</p>	<p>21</p> <p>ROAST PORK BAKED SWEET POTATO PARSLIED CARROTS CARAWAY ROLL APPLESAUCE ORANGE JUICE</p> <p>Calories: 672 Carbs: 95.2g Fib: 12.5g Protein: 30.9g Fat: 20.4g Sod: 490mg</p>	<p>22</p> <p>SALMON PATTY w/ CHEESE SAUCE BAKED POTATO TOSSED GREEN SALAD W/ DRESSING CALIFORNIA VEGETABLES FRUIT MIX OATMEAL RAISIN COOKIE</p> <p>Calories: 651 Carbs: 91.9g Fib: 9.5g Protein: 32.3g Fat: 18.9g Sod: 881mg</p>	<p>23</p> <p>BRAISED BEEF MASHED POTATOES WINTER MIX VEGETABLES ROLL STRAWBERRIES & BANANAS CINNAMON CRISPIES</p> <p>Calories: 611 Carbs: 87.6g Fib: 11.0g Protein: 33.8g Fat: 16.2g Sod: 679mg</p>	<p>24</p> <p>CITRUS PEPPER SALMON FILLET BAKED SWEET POTATO FRIES GREEN BEANS RAISIN BRAN MUFFIN PEACH CRISP GRAPE JUICE</p> <p>Calories: 752 Carbs: 130.5g Fib: 14.6g Protein: 31.1g Fat: 16.1g Sod: 1146mg</p>
<p>27</p> <p>SPAGHETTI W/ MEAT SAUCE CAESAR SALAD ITALIAN VEGETABLES GARLIC BREAD PEAR SLICES</p> <p>Calories: 730 Carbs: 82.8g Fib: 11.6g Protein: 32.6g Fat: 33.0g Sod: 641mg</p>	<p>28</p> <p>HOT TURKEY SANWICH BRUSSEL SPROUTS & CHESTNUTS PEAR ORANGE FRUIT CUP</p> <p>Calories: 533 Carbs: 82.8g Fib: 9.9g Protein: 29.0g Fat: 11.6g Sod: 939mg</p>	<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	<p>For Reservations Call 380-7859 by 8:00 p.m. the night before.</p> <p>If you must cancel your meal, please do so by 7:30 a.m. the day of the meal.</p>	<p>Suggested Donation - \$6.25</p> <p>Under Age 60 Mandatory Charge - \$12.50</p>