






NAME: _____

TELEPHONE #: _____

February 2026**Montgomery County****CONGREGATE***All rolls and pastas are whole grain unless otherwise stated. All meals served w/milk or yogurt. All juice is 100% fruit juice.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) HOT: Pulled Chicken BBQ, Whipped Sweet Potatoes, Green Peas, Sliced Carrots, Potato Sandwich Roll, Butter, Orange, Milk COLD: Roast Beef & Provolone Cheese, Potato Sandwich Roll, Lettuce & Tomato, Mustard & Mayo, Sliced Beets, Potato Salad, Orange, Milk VEG: BBQ Vegan Chik'n, Whipped Sweet Potatoes, Green Peas, Potato Sandwich Roll, Butter, Orange, Milk	3) HOT: Meat Lasagna, Green Beans, Cauliflower, Roll, Butter, Yogurt, Juice COLD: Baked Salmon Salad, Hard Boiled Egg, Arcadian Blend Green Salad, Whole Wheat Pita, Yogurt, Juice VEG: Vegetarian Lasagna, Green Beans, Cauliflower, Roll, Butter, Yogurt, Juice	4) HOT: Blackened Haddock with Dill Sauce, Brown Rice Pilaf, Collard Greens, Mixed Vegetables, Wheat Roll, Butter, Applesauce, Milk COLD: Dilled Egg Salad, Whole Grain Sandwich Bun, Lettuce & Tomato, Caesar Salad, Coleslaw, Applesauce, Milk VEG: Blackened Tofu with Lemon Dill Sauce, Brown Rice Pilaf, Collard Greens, Mixed Vegetables, Wheat Roll, Butter, Applesauce, Milk	5) HOT: Grilled Chicken Parmesan, Whole Grain Spaghetti with Sauce, Italian Zucchini, Garlic Roll, Juice, Yogurt COLD: Seafood Pasta Salad, Carrot-Raisin Salad, 3-Bean Salad, Roll, Butter, Yogurt, Juice VEG: Vegan Chick'n Parmesan, Whole Grain Spaghetti with Sauce, Italian Zucchini, Garlic Roll, Juice, Yogurt	6) HOT: Ground Beef Stroganoff w/Buttered Penne Pasta, Spinach, Baby Carrots, Roll, Butter, Diced Peaches, Milk COLD:  Ham & Swiss Cheese, Lettuce & Tomato, Wheat Bread, Mustard & Mayo, Three Bean Salad, Kale Salad with Cranberries, Sliced Carrots, Diced Peaches, Milk VEG: White Bean and Mushroom Stroganoff w/Buttered Penne Pasta, Spinach, Baby Carrots, Roll, Butter, Diced Peaches, Milk
9) HOT:  Roasted Pork Tenderloin w/Extra Gravy, Baked Baby Potatoes, Sauteed Kale w/Onion, Mixed Vegetables, Roll, Butter, Apple, Milk COLD: California Chicken Salad, Lettuce & Tomato, Whole Wheat Bread, Three Bean Salad, Carrot-Raisin Salad, Apple, Milk VEG: Tofu ala King, Baby Baked Potatoes, Sauteed Kale w/Onions, Mixed Veggies, Roll, Butter, Apple, Milk	10) HOT: Oven Fried Chicken Legs, Macaroni & Cheese, Sauteed Spinach, Cole Slaw, Corn Bread, Butter, Yogurt, Juice COLD: Seafood Pasta Salad, Green Pea Salad, Cole Slaw, Corn Bread, Butter, Yogurt, Juice VEG: Vegan Fried Chick'n Breast, Macaroni & Cheese, Sauteed Spinach, Cole Slaw, Cornbread, Butter, Yogurt, Juice	11) HOT: Baked Ziti w/Salmon in Cream Sauce, Green Salad, Green Beans, Garlic Knot Roll, Butter, Diced Pears, Milk COLD: Turkey Breast & Pepperjack Cheese, Wheat Bread, Lettuce & Tomato, Mayo & Mustard, Sliced Beets, Cucumber Slices, Diced Pears, Milk VEG: Baked Ziti w/Veggies in Cream Sauce, Green Salad, Green Beans, Garlic Knot Roll, Butter, Diced Pears, Milk	12) HOT: Beef Sloppy Joe, Whole Grain Sandwich Bun, Steak Cut Fries, Key Largo Veggies, Yogurt, Juice COLD: Grilled Chicken Strips, Caesar Salad, Dressing, Marinated tomatoes, Roll, Butter, Yogurt, Juice VEG: Lentil Sloppy Joe, Whole Grain Sandwich Bun, Mashed Potato, Key Largo Veggies, Yogurt, Juice	13) HOT: Chicken Fajitas w/Peppers, Spanish Rice, Black Beans & Corn, Mexican Zucchini, Flour Tortilla, Orange, Milk COLD: Deviled Egg Salad w/Relish, Sandwich Roll, Potato Salad, Cucumber Salad, Orange, Milk VEG: Vegan Chick'n Fajitas w/Peppers, Spanish Rice, Black Beans & Corn, Mexican Zucchini, Flour Tortilla, Orange, Milk

<p>16)</p> <p>CLOSED</p> <p>President's Day</p> 	<p>17)</p> <p>HOT: Roasted Chicken Thigh, Vegetarian Baked Beans, Italian Mixed Vegetables, Cole Slaw, Whole Grain Roll, Butter, Yogurt, Juice</p> <p>COLD: Curry Chicken Salad, Wheat Bread, Lettuce & Tomato, Sliced Beets, Green Bean Salad, Yogurt, Juice</p> <p>VEG: Stewed Lentils, Rice Pilaf, Italian Mixed Vegetables, Cole Slaw, Whole Grain Roll, Butter, Yogurt, Juice</p>	<p>18)</p> <p>HOT: Beef Meatballs w/Marinara Sauce, Spaghetti Noodles, Green Salad, Wheat Roll, Butter, Diced Peaches, Milk</p> <p>COLD: Krab & Whole Grain Pasta Salad, 3-Bean Salad, Corn & Pepper Salad, Whole Grain Roll, Butter, Diced Peaches, Milk</p> <p>VEG: Vegan Beef Meatballs w/Marinara Sauce, Spaghetti Noodles, Green Salad, Wheat Roll, Butter, Diced Peaches, Milk</p> <p>***BIRTHDAY CUPCAKE***</p>	<p>19)</p> <p>HOT: Chicken Marsala, Wild Rice Pilaf, Broccoli, Succotash, Parker House Roll, Butter, Yogurt, Juice</p> <p>COLD: Egg Salad with Relish, Whole Grain Sandwich Bun, Lettuce & Tomato, Macaroni Salad, Coleslaw, Yogurt, Juice</p> <p>VEG: Tofu w/Black Bean Sauce, Wild Rice Pilaf, Broccoli, Succotash, Parker House Roll, Butter, Yogurt, Juice</p>	<p>20)</p> <p>HOT: Blackened Haddock w/Dill Sauce, Baked Sweet Potato, Sauteed Spinach, Corn, Cornbread, Butter, Applesauce, Milk</p> <p>COLD: Grilled Chicken & Provolone, Whole Grain Sandwich Bun, Lettuce & Tomato, Caesar Salad, Coleslaw, Applesauce, Milk</p> <p>VEG: Blackened Vegan Chick'n w/lemon dill sauce, Baked Sweet Potato, Sauteed Spinach, Corn, Cornbread, Butter, Applesauce, Milk</p>
<p>23)</p> <p>HOT: Shredded BBQ Beef, Whipped Sweet Potatoes, Green Peas, Sliced Carrots, Potato Sandwich Roll, Butter, Diced Peaches, Milk</p> <p>COLD: Pesto Chicken Salad, Cucumber Salad, Marinated Broccoli, Garlic Knot, Butter, Diced Peaches, Milk</p> <p>VEG: Shredded Vegan BBQ Beef, Whipped Sweet Potatoes, Green Peas, Sliced Carrots, Potato Sandwich Roll, Diced Peaches, Milk</p>	<p>24)</p> <p>HOT: Teriyaki Chicken Legs, Brown Rice, Sauteed Kale w/diced tomato & onion, Stir fry veggie blend, Garlic Knot, Butter, Yogurt, Juice</p> <p>COLD: Egg Salad Plate, Cous Cous Salad, Green Bean Salad, Carrot-Raisin Salad, Cornbread, Butter, Yogurt, Juice</p> <p>VEG: Teriyaki Tofu, Brown Rice, Sauteed Kale with Diced Tomato & Onion, Stir Fry Veggie Blend, Garlic Knot, Butter Yogurt, Juice</p>	<p>25)</p> <p>HOT:  BBQ Pork Tenderloin, Baby Baked Potatoes, Garlic Kale, Mixed Vegetables, Whole Grain Roll, Butter, Orange, Milk</p> <p>COLD: Turkey Breast & Pepperjack Cheese, Whole Wheat Bread, Lettuce & Tomato, Mustard & Mayo, Sliced Beets, Potato Salad, Orange, Milk</p> <p>VEG: BBQ White Beans, Baby Baked Potatoes, Garlic Kale, Mixed Vegetables, Whole Grain Roll, Butter, Orange, Milk</p>	<p>26)</p> <p>HOT: All Beef Hotdog, Baked Beans, Spinach, Hot Dog Roll, Relish, Ketchup, Mustard, Banana, Milk</p> <p>COLD:  Orzo Pasta Salad w/Diced Pork Loin, Carrot Raisin Salad, Green Salad, Marinated Tomatoes, Parker House Roll, Butter, Banana, Milk</p> <p>VEG: Vegan Hot Dogs, Baked Beans, Spinach, Relish, Ketchup, Mustard, Banana, Milk</p>	<p>27)</p> <p>HOT: Meatloaf w/Gravy, Mashed Potatoes, Baby Carrots, Sauteed Mushrooms, Dinner Roll, Butter, Apple, Milk</p> <p>COLD: Tuna Salad, Whole Wheat Bread, Lettuce & Tomato, Sliced Beets, Potato Salad, Apple, Milk</p> <p>VEG: Vegan Meatloaf w/Gravy, Mashed Potatoes, Baby Carrots, Sauteed Mushrooms, Dinner Roll, Butter, Apple, Milk</p>

NUTRITION NOTES: This is HEART HEALTH MONTH to raise awareness about heart health and encourage healthy lifestyle choices to combat heart disease. Heart Disease remains a leading cause of death worldwide. EAT A BALANCED DIET, EXERCISE REGULARLY, QUIT SMOKING, MANAGE STRESS, MONITOR BLOOD PRESSURE, CONTROL CHOLESTEROL, LIMIT ALCOHOL, GET ADEQUATE SLEEP