

FEBRUARY 2025 OLNEY SR CUB CTR 940-564-2782

FEB 3-7 CDH 2016 MHD *ALL DINE-IN MEALS SERVED WITH CHOICE: TEA, WATER, 2% MILK

3rd MON 2016-20 CHARBROIL CHICKEN BREAST, BUN, TOM/LETT, SWEET POTATO FRIES, BANANA

4th TUE 2016-13 SPAGHETTI/MEAT SAUCE, GARLIC BREAD, CAESAR SALAD, DRESSING, GRAPEFRUIT SECTIONS

5th WED 2016-06 DIJON CHICKEN, LIMA BEANS, FRENCH BREAD, ORANGE SLICES

6th THU 2016-11 RED BEANS AND RICE, OVEN FRIED OKRA, COLESLAW, FRENCH TOAST, VANILLA PUDDING

7th FRI 2016-05 PORK/VEG EGG ROLL, SWEET/SOUR SAUCE, WHOLE GRAIN VEG RICE, BROCCOLI, SLICED PEACHES

FEB 10-14 AAA WEEK 6 LN-10/20

10th MON CHEESEBURGER, POTATO SALAD, TOMATO/LETTUCE SALAD, WHOLE WHEAT BUN, FRUIT MEDLEY

11th TUE SOUTHWESTERN CHILI, COLESLAW, STEWED APPLES, CORNBREAD, OATMEAL COOKIE

12th WED PORK CUTLET, SCALLOPED POTATOES, TURNIP GREENS OR SPINACH, WHOLE WHEAT BREAD, FRESH FRUIT IN SEASON

13th THU CHICKEN/GRAVY, BROWN AND WILD RICE, WINTER MIX VEGETABLES, WHOLE WHEAT ROLL, FRUIT CRISP

14th FRI ROAST BEEF, MASHED POTATOES/GRAVY, CARROT COINS, WHOLE WHEAT ROLL, BROWNIES

FEB 17-21 AAA TB10-2011

17th MON Closed – Presidents Day

18th TUE 2011-35 SWEDISH MEATBALLS, PARSLEY NOODLES, MIXED VEGETABLES, WHOLE WHEAT ROLL, MARGARINE, ANGEL FOOD CAKE W/STRAWBERRIES

19th WED 2011-39 VEGETABLE BEEF STEW, CORNBREAD, MARGARINE, TOSSED SALAD W DRESSING, ORANGE PINEAPPLE CUP, DIET PUMPKIN CUSTARD

20th THU 2011-13 CHICKEN FRIED STEAK, MASHED POTATOES, COUNTRY GRAVY, STEWED OKRA, SEASONED CORN, PUMPKIN SQUARE

21st FRI 2011-32 SLOPPY JOE ON BUN, COUNTRY POTATO SALAD, CARROTS & ZUCCHINI, CREAMY FRUIT SQUARE

FEB 24-28 AAA WEEK 1 LN-10/20

24th MON HAM & BEANS, SEASONED SPINACH, CORNBREAD, STEWED APPLES

25th TUE SALMON PATTY, OVEN BROWNED POTATOES, CREAMED PEAS, WHOLE WHEAT BREAD, APRICOTS

26th WED CHICKEN AND DUMPLINGS, ZUCCHINI AND TOMATOES, SPICED PEACHES, WHOLE WHEAT FRENCH ROLL, OATMEAL COOKIE

27th THU MEATLOAF, HERBED POTATOES, MIXED VEGETABLES, WHOLE WHEAT BREAD, TROPICAL FRUIT WITH MANDARIN ORANGES

28th FRI CHICKEN PATTY ON BUN, POTATO ROUNDS, COLESLAW, (BUN), STRAWBERRY CUP

DID YOU KNOW? Omega-3 fatty acids are crucial to brain functions like mood stability and learning ability and most people don't get enough. Good sources of omega-3 fats are fatty fish, fish oils, grass-fed meat, and pastured eggs.