

FEBRUARY

CENTERVILLE

Milk, Chef Salad, Uncrustable will be offered with every meal.

Chocolate Sweetheart Parfait



Ingredients:

- ½ teaspoon cocoa powder
- 1 teaspoon vanilla extract
- 2 teaspoons honey
- 1½ cups low-fat or fat free Greek yogurt
- 2 cups fresh or frozen raspberries
- ¼ cup shaved dark chocolate or chocolate chips

What to do:

1. In medium bowl, whisk together cocoa powder and vanilla.
2. Add honey and yogurt and stir until they're well combined with cocoa mixture. It will turn light brown.
3. Spoon 2 tablespoons of yogurt mixture into the bottom of four clear glasses.
4. Top with some raspberries and repeat until all of the yogurt and raspberries are used up.
5. Sprinkle each parfait with chocolate shavings. Serve or refrigerate until ready to serve. ENJOY!

Monday	Tuesday	Wednesday	Thursday
<p>5</p> <p>Spaghetti with Meat Sauce & Garlic Toast or Choice of Pizza Seasoned Vegetables Garden Fresh Salad Berries & Cream</p>	<p>6</p> <p>Nachos Tossed Salad Refried Beans Spanish Rice Homemade Salsa Fresh Apples</p>	<p>7</p> <p>Country Bowl or Country Bucket Hot Roll Glazed Carrots Fruit Cup</p>	<p>8</p> <p>Soup and Sandwich Baked Chips Broccoli Bites Lettuce & Tomato Fruit Cup</p>
<p>12</p> <p>Lasagna with Garlic Toast or Choice of Pizza Steamed Broccoli Seasoned Vegetables Fruit Cup</p>	<p>13</p> <p>Crispitos Pinto Beans Spanish Rice Homemade Salsa Lettuce & Tomato Apple Slices</p>	<p>14</p> <p>Chicken Fried Steaks or Chicken Nuggets with Hot Roll Mashed Potatoes Glazed Carrots Cinnamon Apple Sauce</p>	<p>15</p> <p>Chicken Sandwich or Cheese Burger Basket with Fries Lettuce, Pickles, Tomatoes Fresh Fruit</p>
<p>19</p> <p>Spaghetti with Garlic Toast or Choice of Pizza Seasoned Vegetables Garden Salad Fruit Dessert</p>	<p>20</p> <p>Enchiladas or Crispitos Pinto Beans Garden Fresh Salad Spanish Rice Homemade Salsa Fruit Cup</p>	<p>21</p> <p>Asian Bowl with Fried Rice or Popcorn Chicken Steamed Baby Carrots Seasoned Vegetables Fruit Salad</p>	<p>22</p> <p>BBQ Sub or Hot Dog Basket with Fries Lettuce, Pickles, Tomatoes Fresh Fruit</p>
<p>26</p> <p>Choice of Pizza Seasoned Vegetables Carrot Dippers Fruit Cup</p>	<p>27</p> <p>Crispitos Lettuce & Tomatoes Pinto Beans Spanish Rice Homemade Salsa Pineapple</p>	<p>28</p> <p>Chicken Fried Steak or Chicken Nuggets Hot Roll Mashed Potatoes Seasoned Green Beans Fruit Cup</p>	<p>29</p> <p>Cheese Burger or Chicken Sandwich with Fries Lettuce, Pickles, Tomatoes Fresh Fruit</p>

An option of cereal & toast, fresh fruit or fruit cup, and a choice of juice and milk are also offered every day.

Breakfast

	Monday	Tuesday	Wednesday	Thursday
Week of 2/5 & 2/19	Pancakes	Breakfast Pizza	Pretzel Bites	Biscuits & Gravy
Week of 2/12 & 2/26	Pancake Wrap	Breakfast Sandwich	Breakfast Kolache	Muffins w/ Yogurt