



February 2021

Mississippi Delta Region Menu - Community Feed

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Turkey Cheese Roll Up Coleslaw (1/2 cup)	Chicken Ranch Wrap Carrots (1/2 cup)	Vegetarian Pasta Salad	Chipotle Chicken Sandwich Black Bean Salad (1/2 cup)	Chicken Taco Salad Whole Grain Tortilla
	Assorted Fruit Skim/1% Milk	Assorted Fruit Skim/1% Milk	Assorted Fruit Skim/1% Milk	Assorted Fruit Skim/1% Milk	Assorted Fruit Skim/1% Milk
	Grits Assorted Fruit Skim/1% Milk	Oatmeal Assorted Fruit Skim/1% Milk	Grits Assorted Fruit Skim/1% Milk	Oatmeal Assorted Fruit Skim/1% Milk	Grits Assorted Fruit Skim/1% Milk
SUPPER	Chicken & Okra Gumbo Brown Rice (1/2 cup)	Turkey Bean Chili Brown Rice (1/2 cup)	Chicken Tenders Steamed Corn (1/2 cup)	Turkey Meatloaf Brown Rice (1/2 cup) Lemony Broccoli (1/2 cup)	Chicken Fajita Bowl Brown Rice (1/2 cup)
	Assorted Fruit Skim/1% Milk	Assorted Fruit Skim/1% Milk	Assorted Fruit Skim/1% Milk	Assorted Fruit Skim/1% Milk	Assorted Fruit Skim/1% Milk

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Chicken Salad Sandwich Coleslaw (1/2 cup)	Turkey Cheese Roll Up Carrots (1/2 cup)	BBQ Chicken Sandwich Steamed Corn (1/2 cup)	Chicken Ranch Wrap Carrots (1/2 cup)	Chicken Taco Salad Whole Grain Tortilla
	Assorted Fruit Skim/1% Milk	Assorted Fruit Skim/1% Milk	Assorted Fruit Skim/1% Milk	Assorted Fruit Skim/1% Milk	Assorted Fruit Skim/1% Milk
BREAKFAST	Oatmeal Assorted Fruit Skim/1% Milk	Grits Assorted Fruit Skim/1% Milk	Oatmeal Assorted Fruit Skim/1% Milk	Grits Assorted Fruit Skim/1% Milk	Oatmeal Assorted Fruit Skim/1% Milk
	Beans & Rice with Chicken & Sausage Brown Rice (1/2 cup)	Sweet Potato Red Bean Chili Brown Rice (1/2 cup)	Teriyaki Chicken Brown Rice (1/2 cup)	Turkey Meatloaf Brown Rice (1/2 cup) Lemony Broccoli (1/2 cup)	Spaghetti with Turkey Bolognese
SNACK	Assorted Fruit Skim/1% Milk	Assorted Fruit Skim/1% Milk	Assorted Fruit Skim/1% Milk	Assorted Fruit Skim/1% Milk	Assorted Fruit Skim/1% Milk