

Osceola ADHC Hot Menu

February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Portion Sizes: 1:3 oz serving of protein 2:4 oz servings fruit/vegetable 2 oz of bread or alternative 1 pat of margarine 1:4 oz serving dessert of fruit ½ pint milk	All menus are developed to represent the most current Dietary Reference intakes and daily compliance range for target nutrients within the 1800-calorie component Average of 600 Calories		02/01/24 BBQ Pork Riblet Potato Wedges Broccoli Hot Dog Bun Fresh Fruit Milk or Fortified Juice	02/02/24 Arroz con Pollo Black Beans Fiesta Vegetable Blend Fresh Fruit Milk or Fortified Juice
02/05/24	02/06/24	02/07/24	02/08/24	02/09/24
Beef Picadillo Rice Green Peas California Vegetable Blend Fresh Fruit Milk or Fortified Juice	Chicken/Sausage Jambalaya Whole Kernel Corn Cabbage Cornbread Fresh Fruit Milk or Fortified Juice	BBQ Hamburger Potato Wedges Summer Vegetable Blend Hamburger Bun Fresh Fruit Milk or Fortified Juice	Oven Fried Chicken Macaroni & Cheese Tuscany Vegetable Blend Broccoli Fresh Fruit Milk or Fortified Juice	Pork Carnitas Yellow Rice Black Beans Carrots Sweet Plantains Milk or Fortified Juice
02/12/24	02/13/24	02/14/24	02/15/24	02/16/24
Salisbury Steak Steakhouse Sauce Parslied Rice Green Peas Carrots Fresh Fruit Milk or Fortified Juice	Creamy Paprika Chicken Pasta Noodles Whole Kernel Corn Green Beans Fresh Fruit Milk or Fortified Juice	Ham Whipped Potatoes Collard Greens Cornbread Fresh Fruit Milk or Fortified Juice	Spanish Rice and Chicken Pinto Beans Cauliflower Sweet Plantains Milk or Fortified Juice	Potato Crusted Pollock Roasted Sweet Potatoes Mixed Vegetable Blend Hamburger Bun Fresh Fruit Milk or Fortified Juice
02/19/24	02/20/24	02/21/24	02/22/24	02/23/24
Fajita Chicken Cilantro Lime Rice Pinto Beans California Vegetable Blend Fresh Fruit Milk or Fortified Juice	Spaghetti Meat Sauce Spaghetti Noodles Whole Kernel Corn Tuscany Vegetable Blend Fresh Fruit Milk or Fortified Juice	Pork Roast Tarragon Sauce Whipped Sweet Potatoes Cabbage Fresh Fruit Milk or Fortified Juice	Chicken Stir Fry Rice Japanese Vegetable Blend Ginger Carrots Fresh Fruit Milk or Fortified Juice	Beef Patty w/Country Gravy Whipped Potatoes Broccoli Biscuit Fresh Fruit Milk or Fortified Juice
02/26/24	02/27/24	02/28/24	02/29/24	
New! Tuscan Meatballs Rotini Noodles Garden Vegetable Blend Green Peas Fresh Fruit Milk or Fortified Juice	Ham & Broccoli Rice Bake Whole Kernel Corn Carrots Fresh Fruit Milk or Fortified Juice	Beef Stew Whipped Potatoes Green Beans Cornbread Fresh Fruit Milk or Fortified Juice	BBQ Pork Riblet Potato Wedges Broccoli Hot Dog Bun Fresh Fruit Milk or Fortified Juice	 TRIO Community Meals Nourishment through compassionate care.

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