




Elk Mountain 307-348-7377

Please R.S.V.P. by 8:30 a.m. the Morning of the Meal

<p>FEBRUARY 2018</p> 	<p>Happy Birthday Linda Edmonds 1 Barb Pjanowski 13 Bob O'Connor 22 Jerry Runyan 25</p>			<p>THURSDAY 1 Chicken Pot Pie w/ Pot., Peas, Carrots, Tossed Salad Peaches Wheat Bread Milk</p>	<p>FRIDAY 2 Hanna's Meatloaf Wild Rice Blend Steamed Cabbage Wheat Roll Banana Dessert Milk</p>	<p>SATURDAY 3</p>
<p><u>Recommended Serving Sizes</u> 3 oz. meat ½ cup of vegetables ½ cup of fruit 2 servings of bread or complex carbohydrate 1 cup of 2% milk</p>	<p>MONDAY 5 Goulash Mixed Vegetables Wheat Bread Peach Cobbler Milk</p>	<p>TUESDAY 6 Baggs's Chicken Enchilada Sour Cream/Salsa Spanish Rice Zucchini Fruit Cocktail Milk</p>	<p>WEDNESDAY 7 Pizza w/ Meat & Veggies Broccoli Orange Whip Milk</p>	<p>THURSDAY 8 Medicine Bow's Ham & Beans Coleslaw Cornbread Strawberries Milk</p>	<p>FRIDAY 9 Salmon Patty O'Brien Potato Pickled Beets Wheat Bread Pineapple Tidbits Milk</p>	<p>SATURDAY 10 Elk Mt Breakfast 9:00 am Sausage Gravy Biscuits Juice Chilled Milk</p>
	<p>MONDAY 12 Rawlins's Beef Stroganoff Egg Noodles Peas & Carrots Wheat Bread Pears Milk</p>	<p>TUESDAY 13 Baked Pork Chop Rice Pilaf Asparagus Wheat Roll Apricots Milk</p>	<p>WEDNESDAY 14 Roast Beef Mash. Pot./gravy Squash Blend Wheat Roll Cherry Cheese Cake Milk</p>	<p>THURSDAY 15 Egg Salad Sandwich Potato Soup Pickle spear Purple Plums Milk</p>	<p>FRIDAY 16 Hot Turkey Sandwich Mash. Pot./gravy Green Beans Pineapple Upside-Down Cake Milk</p>	<p>SATURDAY 17</p>
 <p>Company Holiday CLOSED</p>	<p>MONDAY 19 President's Day</p>	<p>TUESDAY 20 Elk Mountain's Bean Burritos Green Chili Spanish Rice Corn Peaches Milk</p>	<p>WEDNESDAY 21 Encampment's Oven Chicken Mashed Pot./gravy Brussel Sprouts Wheat Roll Trop. Fruit Salad Milk</p>	<p>THURSDAY 22 Dixon's Taco Salad w/ Beef, lettuce, Cheese, & Tomato Mandarin Oranges Cinnamon Roll Milk</p>	<p>FRIDAY 23 Crab Cake Macaroni/cheese Broccoli Wheat Bread Apricots Milk</p>	<p>SATURDAY 24 Elk Mt Breakfast 9:00 a.m. Scrambled Eggs Bacon Hash Browns Wheat Toast Juice</p>
	<p>MONDAY 26 Sweet/Sour Chicken Steamed Rice Egg Rolls Oriental Vegetable Citrus Fruit Milk</p>	<p>TUESDAY 27 Saratoga's Pork Roast Baked Potato Spinach Wheat Bread Applesauce Milk</p>	<p>WEDNESDAY 28 Beef Stew Tossed Salad Hard roll Cherries Brownie Milk</p>			