



February



Monday	Tuesday	Wednesday	Thursday	Friday
1 Sloppy Joes Green Beans Yogurt/Granola Juice Brownie	2 Salmon Patties Macaroni/cheese Coleslaw Mixed Vegetables Cookie Juice Bread	3 Meat Loaf Baked Potato Peas Bread Green Salad Cherry Cobbler	4 Broccoli w Chicken Cass. Rice Bread Carrots Jell-o Salad Surprise Cake	5 Roast Beef Potatoes/gravy Fruit Salad Mixed Veggies Roll Banana Splits
8 Minestrone Soup Hoagie Red Beets Fruit DePepe Fruit Salad Pudding	9 Corn Beef Casserole Blueberry Jell-o Cabbage Bread Juice O'Henery Bars	10 French Dip Sandwich Macaroni Salad Banana Juice Carrots Cake	11 Busy Day Steak Potatoes/gravy Carrot Salad Green Beans Bread Rice Krispie Treat	12 Russian Chicken / Rice Green Salad Mixed Vegetable Roll Sugar Cookie
15 CLOSED PRESIDENTS DAY	16 Stroganoff Noodles Fruit Cup Peas Bread Juice Carrot Cake	17 Sweet & Sour Rice Chinese Salad Egg Roll Green Beans Cookie	18 Mad Hatter Meatballs / Rice Red Beets Coconut Salad Peanut Butter Fingers	19 Ham Baked Potato Sea Foam Salad Broccoli Roll Apple Crisp
22 Biscuits & Gravy Working Girl Fruit Juice Apple/Raisin Dessert	23 Baked Chicken Stuffing Jell-o Salad Carrots Bread Juice Better Than Cake	24 Fish Pasta Salad Peas/Carrots Potato Bake Bread Juice Cinnamon Rolls	25 Spaghetti Soup Egg Sandwich Colorful Veg Salad Green Beans Juice Cheese Cake	26 Meat Log w Red Sauce / Rice Pistachio Salad Mixed Vegetables Roll Pumpkin Cake

For Family & Friends

1. I love you not because of who you are, but because of who I am when I am with you.
2. No man or woman is worth your tears, and the one who is, won't make you cry.
3. A true friend is someone who reaches for your hand and touches your heart.
4. Never frown, even when you are sad, because you never know who is falling in love with your smile.
5. To the world you may be one person, but to one person you may be the world.
6. Don't waste your time on a man/woman, who isn't willing to waste their time on you.
7. Don't cry because it is over, smile because it happened.
8. Make yourself a better person and know who you are before you try and know someone else and expect them to know you.
9. Don't try so hard, the best things come when you least expect them to.
10. Remember whatever happens, happens for a reason.

