



SENIOR LUNCH MENU

February 2026



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Smoked Turkey Wrap, Ranch Chips, Cucumber Tahini Salad, Pear, Pudding</p>	<p>3 Pork Ragu Pasta, Mixed Green Salad, Saltines, Diced Mango, Angel Food Cake</p>	<p>4 Falafel, Pita Bread, Baba Ghanoush, Hummus, Cucumber Tomato Salad, Saltines, Fruit Salad, Pudding</p>	<p>5 BBQ Chicken, Baked Potato, Cheddar Cheese, Sour Cream, Broccoli, Cantaloupe, Brownie</p>	<p>6 Caprese Grilled Chicken, Orzo Salad, Asparagus, Honeydew</p>
<p>9 Herb Roasted Salmon over Nicoise Salad, Dinner Roll, Saltines, Oranges, Sorbet</p>	<p>10 Chicken Enchiladas, Cilantro Lime Rice, Mexican Street Corn, Peaches</p>	<p>11 Broccoli Cheddar Soup, Dinner Roll, Garden Salad, Saltines, Oranges</p>	<p>12 Chicken, Mushroom, & Wild Rice Stew, Dinner Roll, Saltines, Garden Salad, Banana, Strawberry Yogurt</p>	<p>13 Chicken Fried Rice, Veggie Spring Rolls, Ginger Garlic Broccoli, Saltines, Mandarin Oranges, Fortune Cookie</p>
<p>16 Turkey Chili, Corn Bread, Southwestern Salad, Saltines, Apple</p>	<p>17 Chilled Shrimp Salad, Dinner Roll, Green Bean Salad, Saltines, Grapes, Pudding</p>	<p>18 Spinach Mushroom Quiche, Roasted Potatoes, Arugula Salad, Saltines, Oranges, Jello</p>	<p>19 Pesto Chicken, Sweet Potatoes, Zucchini, Saltines, Fruit Salad, Cherry Yogurt</p>	<p>20 Beef Bourguignon, Egg Noodles, Carrots, Melon, Strawberry Yogurt</p>
<p>23 Curry Chicken, Rice, Greek Yogurt, Naan, Garlic Butter Peas, Saltines, Fruit Salad</p>	<p>24 Parmesan Lemon Chicken, Roasted Potatoes, Green Beans, Saltines, Grapes, Brownie, Strawberry Yogurt</p>	<p>25 Grilled Veggie Sandwiches, Pasta & Bean Salad, Banana, Chocolate Chip Cookie</p>	<p>26 Chicken "Pot Pie" Biscuit, Green Beans, Watermelon, Oatmeal Raisin Cookie, Strawberry Yogurt</p>	<p>27 Thai Chicken, Rice, Cabbage & Carrot Salad with Peanut Sauce, Apples, Cherry Yogurt</p>

FUN FOOD FACT

Question: What do potato chips, classic baked macaroni and cheese, bread crumbs, juicing machines, and mixing machines have in common?

Here are 5 hints:

1. **Potato chips** were invented by George Crum who made them as a spiteful response to a customer complaining that their French fries weren't thin enough
2. **Classic American baked macaroni and cheese** was perfected by James Hemings, a classically trained French chef, and brother of Sally Hemings
3. **Bread crumbs** were invented by Joseph Lee to utilize day-old bread and minimize food waste
4. **Juicing and the juicer** was invented by Madeline M. Turner it was originally called a "fruit press". The modern juicer and the billion-dollar industry owe Madeline Turner a debt of gratitude
5. **Stand-mixers** evolved from Willis Johnson's patented improvement of the egg-beater and then he created the first stand mixers for the baking industry

Answer: They all have Black history roots

For more information, visit:
<https://iwritetee.medium.com/february-2023-fun-food-facts-and-recipes-e4b4c28d4113>

**All meals are served with
Milk**