

2nd Street Market**PO Box 217****Dodge, NE 68633****402-693-2260****Diners Grab n Go**

AT 2nd Street Market

Minimum Daily Pattern	January	February	March
WEEK 1	5	2	2
3oz. Meat/Alternate	ROAST BEEF	BEEF SANDWICH	PORK SAUSAGE PATTY
1/2c. Vegetable	MASH POTATO/GRAVY	SCALLOP POTATOES	SPINACH QUECHE
1/2c. Vegetable	GREEN BEANS	CORN	BANANA
1/2c. Fruit	PEACH DESSERT	APPLE DESSERT	FRUIT BAR
1 svg Bread/Starch*	HAWAIIAN ROLL	HAWAIIAN ROLL	BANANA MUFFIN
	MILK	MILK	MILK
WEEK 2	12	9	9
3oz. Meat/Alternate	HAM	PORK ROAST	ROAST BEEF
1/2c. Vegetable	SCALLOP POTATOES	MASHED POTATOES	RED POTATO
1/2c. Vegetable	PEAS	CARROTS	CABBAGE
1/2c. Fruit	CAKE/FRUIT SAUCE	LEMON DESSERT	PEARS
1 svg Bread/Starch*	WHEAT BREAD	WHEAT BREAD	RYE BREAD
	MILK	MILK	MILK
WEEK 3	19	16	16
3oz. Meat/Alternate	HAMBURGER	TURKEY	CHCKN FRIED CHICKEN
1/2c. Vegetable	SHRED POTATOES W/ CHEESE	MASHED POTATOES	CHEESY POTATOES
1/2c. Vegetable	CORN	GREEN BEANS	GREEN BEANS
1/2c. Fruit	FRESH APPLE	CRANBERRY FLUFF	PINEAPPLE DESSERT
1 svg Bread/Starch*	ROLL	WHITE BREAD	WHITE BREAD
	MILK	MILK	MILK
WEEK 4	26	23	23
3oz. Meat/Alternate	CHICKEN BREAST	CHICKEN CASSEROLE	SLOPPY JOES
1/2c. Vegetable	RICE	W/DICED POTATOES	SLICED POTATOES
1/2c. Vegetable	MIXED VEGGIES	W/MIXED VEGGIES	CAULIFLOWER
1/2c. Fruit	BANANA	CHERRY DESSERT	STRAWBERRY DESSERT
1 svg Bread/Starch*	HORN ROLL	WHEAT BREAD	BUN
	MILK	MILK	MILK
WEEK 5			30
3oz. Meat/Alternate			BBQ CHICKEN BREAST
1/2c. Vegetable			SCALLAP POTATOES
1/2c. Vegetable			PEAS
1/2c. Fruit			APPLE DESSERT
1 svg Bread/Starch*			WHEAT BREAD
			MILK
<i>Allison S. Adrian, CDM, CFPP</i>			
Division Director Nutrition Services			
Eastern Nebraska Office on Aging			