

2nd Street Market**PO Box 217****Dodge, NE 68633****Snyder Meals**

Minimum Daily Pattern	January	February	March
WEEK 1	7	4	4
3oz. Meat/Alternate	CHEESEBURGER SOUP	TACO SALAD - HAMBURGER	MEATLOAF
1/2c. Vegetable	(HAMBURGER,POTATOES,	LETTUCE,TOMATO,BLK OLIVES	MASH POTATOES W/GRAVY
1/2c. Vegetable	CHEESE, CARROTS& ONIONS)	ONION, CHEESE	GREEN BEANS
1/2c. Fruit	RASPBERRY DESSERT	APPLESAUCE	FRUIT FILLED DONUTS
1 svg Bread/Starch*	MARBLE BREAD	CORN TOSTADAS	ROLL
	MILK	MILK	MILK
WEEK 2	14	11	11
3oz. Meat/Alternate	BAKED CHICKEN WINGS	CHICKEN LEGS	CHICKEN FRIED STEAK
1/2c. Vegetable	MASHED POTATOES/GRAVY	SWEET POTATO	MASHED POTATOES/GRAVY
1/2c. Vegetable	CALIFORNIA VEGETABLES	GREEN BEANS	BROCCOLI
1/2c. Fruit	WHEAT BREAD	HAWAIIAN SWEET ROLL	HORN ROLL
1 svg Bread/Starch*	CAKE/FRUIT IN SAUCE	ANGEL FOOD W/CHERRY	BIRTHDAY CAKE/LEMON
	MILK	MILK	MILK
WEEK 3	21	18	18
3oz. Meat/Alternate	POTATO STEW	BRATS	CHICKEN FRIED CHICKEN
1/2c. Vegetable	(CELERY, ONION & CARROT)	POTATO WEDGES	BABY POTATOES
1/2c. Vegetable	HAM/ CHEESE SLIDER	SAUERKRAUT	CORN
1/2c. Fruit	APPLE DESSERT	STRAWBERRY DESSERT	BLUEBERRY DESSERT
1 svg Bread/Starch*	SLIDER BUN	BUN	BUN
	MILK	MILK	MILK
WEEK 4	28	25	25
3oz. Meat/Alternate	SLOPPY JOES	TURKEY CASSEROLE	ROAST BEEF
1/2c. Vegetable	CHEESY POTATOES	(SHRED POTATOES	MASH POTATOES W/GRAVY
1/2c. Vegetable	PEAS	GREEN BEANS)	GREEN BEANS
1/2c. Fruit	ORANGE FLUFF	LEMON FLUFF	PEACH DESSERT
1 svg Bread/Starch*	BUN	HORN ROLLS	BREAD
	MILK	MILK	MILK
WEEK 5			
3oz. Meat/Alternate			
1/2c. Vegetable			
1/2c. Vegetable			
1/2c. Fruit			
1 svg Bread/Starch*			
Supper Club:			
3 rd Monday of month	See Grab-n-Go Menu	See Grab-n-Go Menu	See Grab-n-Go Menu
<i>Allison S. Adrian, CDM, CFP®</i>			
Division Director Nutrition Services			
Eastern Nebraska Office on Aging			