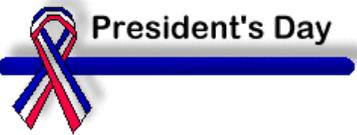


VIDA

February 2018 Lunch Menu

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| <p>January 29</p> <p>Carne Estofada with Steamed Carrots and Potatoes Brown Rice Tossed Salad with Dressing Fresh Fruit</p> | <p>January 30</p> <p>Fajita de Pollo with Green Pepper, Yellow Pepper and Onions Flour Tortillas Pico de Gallo Green Salad Fresh Fruit</p> | <p>January 31</p> <p>Albondigas y Pasta Marinara Sauce Garbanzo Salad Baby Spinach Salad Fresh Fruit</p> | <p>February 1</p> <p>Ropa Vieja Arroz con Gandules (Brown Rice and Pigeon Peas) Tossed Salad Fresh Fruit</p> | <p>February 2</p> <p>Tuna Salad Wrap with Lettuce Flour Tortillas Tossed Salad with Dressing Steamed Corn 100% Fruit Juice</p> |
| <p>5</p> <p>Pollo Estofado with Steamed Carrots and Potatoes Brown Rice Tossed Salad with Dressing Fresh Fruit</p> | <p>6</p> <p>Beef Lasagna Garden Salad Minestrone Soup Fresh Fruit</p> | <p>7</p> <p>Carne Asada Whole Grain Rice Pico de Gallo Tossed Green Salad Fresh Fruit</p> | <p>8</p> <p>Chicken Tacos Whole Grain Tortilla Tossed Salad Green Peas Fresh Fruit</p> | <p>9</p> <p>Baked Tilapia Baked Potatoes Cream of Broccoli Soup Garden Salad 100% Fruit Juice</p> |
| <p>12</p> <p>Fajita de Carne with Green Pepper, Yellow Pepper and Onions Flour Tortillas Pico de Gallo Green Salad Fresh Fruit</p> | <p>13</p> <p>Roasted Chicken Whole Grain Brown Rice Steamed Corn Tossed Green Salad Fresh Fruit</p> | <p>14</p> <p>Chicharones con Yuca Cabbage Salad Pumpkin Soup Fresh Fruit</p> | <p>15</p> <p>Picadillo de Carne Brown Rice Tossed Salad Steamed Carrots Fresh Fruit</p> | <p>16</p> <p>Baked Fish with Veracruzana Whole Grain Brown Rice Green Salad Steamed Broccoli 100% Fruit Juice</p> |
| <p>19</p> <p> President's Day</p> | <p>20</p> <p>Fajita de Pollo with Green Pepper, Yellow Pepper and Onions Flour Tortillas Pico de Gallo Green Salad Fresh Fruit</p> | <p>21</p> <p>Ropa Vieja Arroz con Gandules (Brown Rice and Pigeon Peas) Tossed Salad Fresh Fruit</p> | <p>22</p> <p>Albondigas y Pasta Marinara Sauce Broccoli Mixed Green Salad with Tomatoes Fresh Fruit</p> | <p>23</p> <p>Baked Fish with Veracruzana Sauce Baked Potatoes Garden Salad Lentil Soup Fresh Fruit</p> |
| <p>26</p> <p>Pollo Estofado with Steamed Carrots and Potatoes Brown Rice Tossed Salad with Dressing Fresh Fruit</p> | <p>27</p> <p>Carne Asada Mashed Potatoes Pico de Gallo Tossed Green Salad Fresh Fruit</p> | <p>28</p> <p>Grilled Pork Plantains Mixed Vegetables Tossed Salad Fresh Fruit</p> | <p>March 1</p> <p>Fajita de Pollo with Green Pepper, Yellow Pepper and Onions Flour Tortillas Pico de Gallo Green Salad Fresh Fruit</p> | <p>March 2</p> <p>Baked Tilapia Baked Potatoes Cream of Broccoli Soup Garden Salad 100% Fruit Juice</p> |