

February 2026 WRAAA Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved by: <i>Ann Stakkeber, MS, RDN, LD</i>				
Choice of : 1% Milk, Buttermilk, or Calcium Fortified Juice * = Take Temperature of Milk and all food proceeded by an asterisk.				
2 *Chicken Breast 3 oz *Sweet Potatoes ½ c *Broccoli ½ c W.G. Biscuit 2 oz Sliced Apricots ½ c ALT = CS RB	3 *Stuffed Peppers 6 oz w/Sauce 2 oz *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Fresh Grapes 1 c ALT = CBG T	4 *Swedish Meatballs 3-1 oz w/Gravy 2 oz. /*Noodles ½ c *Peas ½ c *Cauliflower ½ c Whole Grain White Peaches ½ c ALT = CF TR	5 *Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain White Chunky Applesauce ½ c ALT = CBG TR	6 *Roasted Turkey Breast 3 oz *Gravy 2 oz. *WG Stuffing ½ c *Butternut Squash ½ c Whole Grain Wheat Orange Cranberry Juice ½ c ALT = CF RB
9 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c *Gravy 2 oz *Buttered Beets ½ c W.G. Dinner Roll 2 oz Apple Juice 4 oz ALT = CS RB	10 *Beef Stew 8 oz *Lima Beans ½ c *Buttered Sliced Carrots ½ c Whole Grain Biscuit 2 oz Banana ALT = CBG TR	11 *Stuffed Cabbage 6 oz w/Sauce 2 oz *Mashed Potatoes ½ c *Corn w/ Red Peppers ½ c 2 Whole Grain Wheat Orange ALT = CF T	12 *BBQ Chicken, 3 oz *Macaroni and Cheese ½ c *Sweet Potatoes ½ c *Spinach ½ c Lemon Juice 1 PC Whole Grain White Peaches ½ c ALT = CBG TR	13 *Meatballs 3-1 oz *Marinara Sauce 2 oz *Antigua Blend ¾ c Whole Grain Hagie Roll 2 oz Pears ½ c ALT = CF TR
16 PRESIDENT'S DAY Site Closed	17 *3 oz Corned Beef Mustard 1 PC Cabbage and Carrots ½ c Roasted Red Potatoes ½ c 2 WG Rye Applesauce ½ c ALT = CS TR	18 *Baked Fish 4 oz Tartar Sc 1 PC, Lemon Jc 1 PC *Brown Rice ½ c *Carrots ½ c, Peas ½ c Whole Grain Wheat Banana ALT = CF RB	19 *Grilled Chicken Breast 3 oz With Alfredo sc 2 oz *W.G. Pasta ½ c, *Broccoli ½ c Whole Grain Dinner Roll 1 oz Fresh Orange Apple Juice ½ c ALT = CBG T	20 *2-2 oz Stuffed Shells w/ *Marinara Sauce 2 oz *Spinach ½ c, 1 PC Lemon Juice *Lima Beans ½ c Whole Grain Garlic Toast 2 oz Fresh Grapes 1 c ALT = CF RB
23 *Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Green Peas Whole Grain White Mandarin Oranges ½ c ALT = CS RB	24 *Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun 2 oz Sliced Pears ½ c ALT = CBG TR	25 *Chicken Stew 8 oz *Corn w/ Red Bell Peppers ½ c *Peas and Carrots ½ c Corn Bread, 2 oz Orange, 1 ea ALT = CF RB	26 *Salisbury Steak 3 oz *Mushroom Gravy 2 oz *Mashed Potatoes ½ c *Mushrooms ½ c 2 Whole Grain White Sliced Apricots ½ c ALT = CBG T	27 *Cheese Ravioli 6 oz *Marinara Sauce 2 oz *California Blend ¾ c Dinner Roll 2 oz Applesauce ½ c ALT = CF RB

Western Reserve Area Agency on Aging - 2026

Default Alternate Menu choices are shown at the bottom of each daily menu: "T" = Tuna, "TR" = Turkey, "RB" = Roast Beef, "V" = Cheese
 ALT CS=Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast, ALT CF = Chef Salad W Lettuce, Ham, Egg, Cheese