

# February 2026 WRAAA Menu



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

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