TUE

WED

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FRI

03

Happy Black History Month 04

National Chopsticks Day February 4



On Wednesday this week



07

Big Game Super Bowl Platters On Friday this week

10 Treat Yourself Featured 11

GRAINS

On Wednesday this week

13 Grilled Chicken **Immunity Salad** On Friday this week



17

beverages

all this month

18



On Wednesday this week



21 Ginger **Garlic Pork** Sandwich On Friday this week



24 YOUR, VOICE) COUNTS

> Tell us what you Think

25

Big Mama's Sunday Dinner On Wednesday this week



27 Turkey Crunch Ciabatta

On Friday this week



Happy

Black

History

Happy Black History Month