January

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Roasted Pork w/ Apples	Swedish Meatballs (4) w/ Gravy	1c Chili	Baked Cod	Soft Beef Tacos
1/2c Whipped Potatoes w/ Chives	1/2c Buttered Noodles	1/2oz Cheddar Cheese	1/2c Macaroni & Cheese	(3oz Taco Meat, .5oz Cheddar,
1/2c Mixed Vegetables	1/2c Peas	1c Tossed Salad w/ Tomato	1/2c Stewed Tomatoes	Lettuce, Tomato, Salsa)
1 Mini Biscuit w/ Apple Butter	1 Dinner Roll	Cornbread	1 Wheat Bread	1/2c Spanish Rice
Cookie	Seasonal Fresh Fruit	1/2c Applesauce	Seasonal Fresh Fruit	Tortilla Shells
				1/2c Corn w/ Pimentos
				1/2c Pineapple
9	10	11		13
Popcorn Chicken	Sweet & Sour Pork	Stuffed Pepper w/ Tomato Sauce	Roasted Turkey w/ Gravy	Sloppy Joe
1/2c Whipped Potatoes	1/2c Rice	1/2c Garlic Whipped Potatoes	1/2 Buttered Noodles	1/2c Ranch Roasted Potatoes
1/2c Corn	1/2c Broccoli & Cauliflower Blend	1/2c Coin Carrots	1/2c Mixed Vegetables	1/2c Green Beans
1 Biscuit	1 Dinner Roll	1 Wheat Bread	1 Dinner Roll	1 Hamburger Bun
1/2c Peaches	Seasonal Fresh Fruit	1/2c Pudding	1/2c Gelatin	Seasonal Fresh Fruit
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Martin Luther King Day! 16	17	18		20
Baked Meatloaf w/ Gravy	Pasta Primavera	Glazed Ham w/ Raisin Sauce	Cheese Lasagna Rollup	Moroccan Beef
Baked Potato w/ Margarine	(Chicken, Cheese, Broccoli, Carrots,	1/2c Whipped Sweet Potatoes	w/ 1oz Shredded Cheese	1/2c Vegetable Rice
1/2c Beets	Onions, Peppers)	1/2c Peas & Carrots	1c Tossed Salad w/ Tomato	1/2c Oriental Vegetables
1 White Bread	1/2c Noodles	1 Dinner Roll	1 Italian Bread	1 Wheat Bread
Seasonal Fresh Fruit	1 Breadstick	1 Cookie	Seasonal Fresh Fruit	1/2c Mandarin Oranges
	1/2c Mixed Fruit			NEW TITEM
				PARTY.
23	24	25		27
BBQ Pork Ribette	Chicken Alfredo	Cheeseburger	Open Faced Turkey Sandwich	Salmon Croquette
1/2c Hashbrown Cubes	1/2c Noodles	w/ Lettuce, Tomato	w/ Gravy	1/2c Parmesan Garlic Noodles
1/2c Green Beans	1/2c Broccoli	1c Creamy Potato Soup w/ Crackers	1/2c Whipped Potatoes w/ Chives	1/2c Peas
1 Sandwich Bun	1 White Bread	1 Hamburger Roll	1/2c Sweet Corn	1 Wheat Bread
1/2c Pineapple Delight	1/2c. Warm Apple Cranberry Crisp	Seasonal Fresh Fruit	1 White Bread	Seasonal Fresh Fruit
			1 Cookie	
20				
30	Crilled Chicken Sandwich	_		*
Pepper Steak	Grilled Chicken Sandwich	-		
w/ 2oz Gravy	w/ Lettuce, Tomato			71
1/2c Whipped Potatoes	1c Cream of Broccoli Soup w/ Crackers	ZING		NT-1ne
1/2c Diced Carrots	1 Dinner Roll	allugiy		Nutrition 1
1 Wheat Bread	1/2c Fruited Gelatin			Group
1/2c Blushed Pears			*menu subject to change based on availability	