

January 2019



Mon	Tue	Wed	Thu	Fri
	1 Closed Happy New Year	2 Chili w/pinto beans Grilled Cheese Sandwich Corn, fruit, Crackers, pudding, 2% Milk	3 Salisbury Steak, Gravy Mashed Potato's Green Beans WW Bread, Fruit Cocktail 2% Milk	4 <i>Meat</i> Lasagna Tossed Salad, tomatoes, cheese Garlic Bread pears, 2% Milk
Spaghetti with meat and tomato sauce Tossed Salad, cheese, tomatoes, Garlic Bread, fruit, 2% Milk	8 Baked Fish , oven browned potatoes, peas, banana, WW Bread, 2% Milk	9 Scrambled Eggs Hash Brown Potatoes Sausage Gravy Biscuit, Applesauce, 2% Milk	10 Hamburger on WW Bun, let- tuce, tomato, onion, corn, pine- apples, oven fries, 2% Milk	11 Great Northern Beans Chopped onions Cornbread Spinach Peaches, 2% Milk
4 Chicken Wing Dings Parley Potatoes Green Beans, WW Bread, fruit Pudding, 2% Milk	15 Mixed Vegetable Soup, Tuna Salad Sand- wich on WW Bread, raw carrots, banana, 2% Milk	16 <i>Roast Turkey and Gravy</i> Mashed Potatoes Carrots, WW Roll fruit pie 2% Milk Festive Meal	17 Scrambled Eggs Hash Br Potatoes Sausage Gravy Biscuit Ap- plesauce, 2% Milk	18 Pinto Beans Hash Rounds, Onions Fruit cocktail Cornbread, Cookie 2% Milk
1 Centers Closed Martin Luther King Jr. Day	22 Chicken Tenders Potato Wedges Peas, apple WW Bread Pudding, 2% Milk	23 Country Baked Steak & Gravy, Mashed Potatoes, Peas, WW Bread, peaches, 2% Milk	24 Hot Dog with Chili, Cole Slaw, onions Potato Fries Baked Beans Apple, 2% Milk	25 Tomato Soup Ham Sandwich with Cheese, Let- tuce and Tomatoes, Cookie, Crackers, 2% Milk
8 <i>Meat</i> Stuffed Green Peppers Scalloped Potatoes Creamy Peas, fruit WW Bread, Pudding 2% Milk	29 BBQ & Bun Cole Slaw, Potato Wedges Fruit cocktail , Cookie, 2 % Milk	30 Chicken Stew, egg noodles, Broccoli, Pear Halves, WW Bread, crackers 2% Milk	31 Baked Fish , oven browned potatoes, carrots and peas, sliced peaches, WW Bread, banana, 2% Milk	All meals meet RDI regulations. Each day a bread group item, butter and milk will be served. Rich desserts, rice and gravies are optional to each participant. No salt or margarine added to vegetables and meats unless specified All instant potatoes and breads have some salt, margarine and sugar. Please use the suggestion box to express your opinion of the daily meals. <u>The Nutrition Program reserves the right to change menus.</u>