



Nicholas
Community Action Partnership, Inc.
SUPPORT • EMPOWER • GROW

January 2020

MON	TUES	WED	THURS	FRI
<p>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.</p> <p>THE NUTRITION PROGRAM RESERVES THE RIGHT TO CHANGE MENUS</p>				
		<p>1 CENTER IS CLOSED FOR HOLIDAY NEW YEAR'S DAY</p>	<p>2 Lasagna w/ Ground Beef, Side Salad, Choice of Fruit, Garlic Bread, 2 % Milk</p>	<p>3 Hot Dog w/Chili, Cole Slaw, Onions, Oven Fries, Baked Beans, Sliced Apples, 2% Milk</p>
<p>6 Baked Chicken, Scalloped Potatoes, Asparagus, Choice of Fruit, WW Roll, 2% Milk</p>	<p>7 Beef Taco Salad, Refried Beans, Choice of Fruit, Nacho Chips, 2% Milk, Cookie</p>	<p>8 Vegetable Beef Soup, Cornbread, Spinach, Banana, 2% Milk</p> <p>SALAD BAR</p>	<p>9 Baked Fish Fillet, Baked Potato, Asparagus, Choice of Fruit, WW Bread, Choice of Dessert, 2% Milk</p>	<p>10 Potato Soup, Bologna Sandwich on WW Bread, Spinach, Choice of Fruit, 2% Milk</p>
<p>13 Pinto Beans, Roasted Potatoes, Onions, Squash, Fresh Orange Slices, Cornbread, 2% Milk</p>	<p>14 Chicken Wings, Macaroni & Cheese, Green Beans, Choice of Fruit, WW Bread, 2% Milk</p>	<p>15 Beef Shepherds Pie, Spinach, Choice of Fruit, WW Roll, 2% Milk, Choice of Dessert</p>	<p>16 Chicken Tetrazzini, Garlic Bread, Side Salad, Choice of Fruit, 2% Milk</p> <p>SALAD BAR</p>	<p>17 Chili Con Carne, Grilled Cheese Sandwich, Baked Potato, Choice of Fruit, 2% Milk, PB Cookie</p> <p>NEW MENU ITEM</p>
<p>20 CENTER IS CLOSED FOR HOLIDAY MARTIN LUTHER KING JR DAY</p>	<p>21 Baked Fish Fillet, Roasted Potatoes, Carrots, Choice of Fruit, WW Bread, Choice of Dessert, 2% Milk</p> <p>SALAD BAR</p>	<p>22 White Beans, Onions, Sauerkraut w/weiners, Peaches, Cornbread, 2% Milk, Cookie</p>	<p>23 Honey Lime Chicken, Fried Brown Rice, Peas & Carrots, Fresh Strawberries, WW Bread, 2% Milk</p>	<p>24 Country Baked Steak & Gravy, Mashed Potatoes, Carrots, Choice of Fruit, WW Bread, 2% Milk</p>
<p>27 Baked Chicken, Scalloped Potatoes, Asparagus, Choice of Fruit, WW Roll, 2% Milk</p>	<p>28 Beef Taco Salad, Refried Beans, Fresh Grapes, Nacho Chips, 2% Milk, Cookie</p>	<p>29 Baked Pork chops, Rice Pilaf, green beans, Applesauce, WW Roll, 2% Milk</p> <p>Festive Meal</p> <p>SALAD BAR</p>	<p>30 Chicken Wings or Chicken Tenders, Oven Baked Fries, California Blend, Choice of Fruit, WW Bread, 2% Milk</p>	<p>31 Pinto Beans, Roasted Potatoes, Onions, Squash, Choice of Fruit, Cornbread, 2% Milk</p>