

January 2023



Mon	Tue	Wed	Thu	Fri
2 CLOSED HAPPY NEW YEAR	3 Chicken Sandwich , Lettuce, Tomato Pickles, Spinach, Peaches, WW Bun 2 % Milk	4 Taco Salad / Chips , Meat, Lettuce, Cheese, Tomatoes, Red Onions, Pineapples, 2% Milk	5 Scrambled Eggs , Hash Brown, Sausage Patty, Gravy, Biscuit, Applesauce, Oranges 2% Milk	6 Pinto Beans , Onions, Parsley Potatoes Fruit cocktail, Boiled Cabbage, Cornbread 2% Milk
9 Chicken Alfredo , Brussels Sprouts, Garlic Bread, Peaches, 2% Milk	10 Fish Nuggets , Cole Slaw, Beets, Pears, WW Bread, 2% Milk	11 Broccoli Cheese Soup , Turkey And Cheese Sandwich, Oranges, Carrots, 2% Milk	12 Smoked Sausage with Sour Kraut, Fruit Cocktail, Corn WW Bread 2% Milk	13 Navy Beans , Cornbread, Applesauce, Hashbrown, Mixed Greens, Cookie 2% Milk
16 CENTER CLOSED MARTIN LUTHER KING JR. DAY	17 Tomato Soup , Peanut Butter Sandwich Peaches, Carrots, 2% milk	18 Country Fried Steak and Gravy , Mashed Potatoes Green Beans, Oranges, WW Roll, Cake, 2% Milk FESTIVE	19 Cheeseburger, WW Bun Lettuce, Pickles, To- mato, Sweet Potato Fries, Corn, Pineapples, 2 % Milk	20 Great Northern Beans Cornbread, Applesauce, Mixed Greens, Parsley Potatoes, 2% Milk
23 Boneless Chicken Wings , Collard Greens, Corn, Fruit Cocktail, WW Bread 2 % Milk	24 Sloppy Joe / WW Bun , Cole Slaw, Carrots, Pears 2% Milk	25 Potato Soup , Ham And Cheese Sandwich, Oranges, 2% milk	26 Baked Fish , Sweet Potato Fries, Corn, Sliced Peaches, Cottage cheese, WW Roll, 2% Milk	27 Hot Dog with Chili , Cole Slaw, Onions, Green Beans, Fruit Cocktail, 2% Milk
30 Beef Stew , Biscuits, Mixed Greens, Pineapples, cookie 2% Milk	31 Chicken Parmesan , Garden Salad, Cinnamon Apples, Garlic Bread 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>		