



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

# January 2025



Mon	Tue	Wed	Thu	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. <b>The Nutrition Program reserves the right to change menus.</b></p>		<p>1 <i>Happy New Year!</i> CENTER CLOSED FOR THE HOLIDAY</p>	<p>2 <b>Chicken Pot Pie Soup w/ Potatoes, Carrots, Celery, and Red Onions</b> Biscuits, Peas, Applesauce 2% Milk</p>	<p>3 <b>Tuna Casserole w/ onions, peas, mushrooms, Carrots, Pears, WW Bread,</b> 2% Milk</p>
<p>6 <b>Baked Fish,</b> Roasted Potatoes, Cole Slaw, WW roll, Peaches 2% Milk</p>	<p>7 <b>Boneless Chicken Wings,</b> Sweet Potato Fries, Cooked Broccoli, WW Bread, Pears 2% Milk</p>	<p>8 <b>White Bean Chicken Chili,</b> Peas, Cornbread, Fruit Cocktail, 2% Milk</p>	<p>9 <b>Smoked Sausage w/ Kraut,</b> Carrots, Beets, WW Bread, Oranges 2% Milk</p>	<p>10 <b>Taco Salad w/ Chips, Meat,</b> Lettuce, Tomatoes, Onions, Cheese, Corn, Pineapple, 2% Milk</p>
<p>13 <b>Chicken Fajita w/ Peppers And Onions, WW Tortilla</b> Corn, Pineapples, 2% Milk</p>	<p>14 <b>FESTIVE MEAL</b> <b>Salisbury steak w/gravy</b> Mashed Potatoes, Carrots, WW Roll, Blackberry Cobbler, 2% Milk</p>	<p>15 <b>Pinto Beans w/ Onions</b> Spinach, Stewed Tomatoes, Cornbread, Pears, 2% Milk</p>	<p>16 <b>Cabbage Soup w/ tomatoes, onions, carrots, WW bread w/ Peanut Butter, Cottage Cheese, Peaches, 2% Milk</b></p>	<p>17 <b>Spaghetti w/ Meatballs,</b> Garden Salad, WG Garlic Breadstick, Applesauce, 2% Milk</p>
<p>20 <b>MLK DAY</b> CENTER CLOSED FOR THE HOLIDAY</p>	<p>21 <b>Sloppy Joe / WW Bun,</b> Cole Slaw, Sweet Potato Fries, Pineapples 2% Milk</p>	<p>22 <b>Potato Soup,</b> Ham And Cheese Sandwich Carrots, Oranges, 2% milk</p>	<p>23 <b>Steak Hoagie w/ Peppers and Onions on WG Bun,</b> Beets, Pears, 2% Milk</p>	<p>24 <b>Boneless Chicken Wings,</b> Baked Beans, Broccoli, WW Bread, Fruit Cocktail 2 % Milk</p>
<p>27 <b>Smoked Sausage w/ Kraut,</b> Beets, WW Bread, Peaches, 2% Milk</p>	<p>28 <b>Chicken Alfredo,</b> Broccoli, Three Bean Salad, Garlic Bread, Pears, 2% Milk</p>	<p>29 <b>Beef Stew w/ Potatoes, Carrots, and Peas, Biscuit</b> Peas, Pineapples 2% Milk</p>	<p>30 <b>Scrambled Eggs</b> Sausage Patty, Hashbrown, Stewed Tomatoes, WW Toast, Applesauce, 2% Milk</p>	<p>31 <b>Cheeseburger w/ Onions Lettuce, Pickles, Tomato,</b> Sweet Potato Fries, Oranges, 2 % Milk</p>