



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.</p> <p><u>The Nutrition Program reserves the right to change menus.</u></p>				<p>1</p> <p>CENTER CLOSED FOR THE HOLIDAY</p> <p><i>Happy New Year</i></p>	<p>2</p> <p>Baked Fish Sandwich, Roasted Potatoes, Peas, Peaches, Pudding, 2% Milk</p>
<p>5</p> <p>Boneless Chicken Wings, Baked Beans, Broccoli, WW Bread, Fruit Cocktail 2 % Milk</p>	<p>6</p> <p>Sloppy Joe / WW Bun, Cole Slaw, Sweet Potato Fries, Pineapples 2% Milk</p>	<p>7</p> <p>Pinto Beans w/ Onions Spinach, Stewed Tomatoes Cornbread, Pears, 2% Milk</p>	<p>8</p> <p>Smoked Sausage w/ Kraut, Carrots,, WW Bread, Oranges, cookie, 2% Milk</p>	<p>9</p> <p>Broccoli and Cheese Soup, Baked Beans, Peanut Butter Sandwich,, Fruit Cocktail, 2% Milk</p>	
<p>12</p> <p>Fish Sticks, Sweet Potato Fries, Cooked Broccoli, WW Bread, Pears 2% Milk</p>	<p>13</p> <p>Scrambled Eggs Sausage Patty, Hashbrown, stewed tomatoes,, Biscuit, Applesauce, 2% Milk</p>	<p>14</p> <p>Chicken Alfredo, Broccoli, Three Bean Salad, Garlic Bread, Pears, 2% Milk</p>	<p>15</p> <p>BBQ Pork Sandwich, Cole Slaw, Potato Salad, Pears, 2% Milk</p>	<p>16</p> <p>Chili with meat and beans, Peas, Cornbread, Fruit Cocktail, cookie, 2% Milk</p>	
<p>19</p> <p>MLK DAY CENTER CLOSED FOR THE HOLIDAY</p>	<p>20</p> <p>Potato Soup, Ham And Cheese Sandwich Carrots, Oranges, 2% milk</p>	<p>21</p> <p>Taco Salad w/ Chips, Meat, Lettuce, Tomatoes, Onions, Cheese, Corn, Pineapple, 2% Milk</p>	<p>22</p> <p>Cheeseburger w/ Onions Lettuce, Pickles, Tomato, Sweet Potato Fries, peaches, 2 % Milk</p>	<p>23</p> <p>Great Northern Beans, Hashbrown, Cornbread , Pears, Boiled Cabbage, Onions, 2% Milk</p>	
<p>26</p> <p>Chicken Tenders, Sweet Potato Fries, Peas, Biscuit, Oranges, 2% Milk</p>	<p>27</p> <p>Spaghetti w/Meatballs, Garden Salas, WG Garlic Bread-stick, Applesauce, 2% Milk</p>	<p>28</p> <p>Vegetable Beef Soup, Peanut Butter Sandwich, broccoli, Peaches, 2% Milk</p>	<p>29</p> <p>Navy Beans w/Onions,, Spinach, Stewed Tomatoes, Cornbread, Pears, 2% Milk</p>	<p>30 FESTIVE MEAL Salisbury Steak w/Gravy, Mashed Potatoes, Carrots, WW Roll, Peach Cobbler, 2% Milk</p>	