



# JANUARY, 2019

1% or Skim milk provided  
 Margarine available  
 \*High Salt  
 +High Sugar  
 ++High Fat

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION 2.50

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|--|---|--|---|
| <b>A HAPPY NEW YEAR</b>   |  |   |  |   |
|   | <b>CLOSED</b> 1  | 2<br>Chicken Bruschetta<br>Brown Rice<br>Geneva Blend Veggies<br><br>100% W.W. Bread<br><br>Peaches   | 3<br>Pineapple Juice<br>Eggplant Rolatini<br>Ziti with Sauce<br>Garden Salad<br>Italian Dressing*<br><br>Garlic Bread*<br><b>Happy Birthday</b><br>Pudding | 4<br>Vegetable Soup<br>Unsalted Crackers<br>White Fish Stew<br>Harvest Rice<br>Chuck Wagon Veggies<br><br>Pumpernickel Bread<br><br>Birthday Cake |
| 7<br>Shepherds Pie with Ground Beef, Mashed Potatoes, and Corn<br><br>Mixed Vegetable<br><br>Dinner Roll<br><br>Peach Cup         | 8<br>Chicken Fajita with Peppers and Onions<br>Rice with Black Beans<br>Fiesta Corn<br><br><b>Fajita Day</b><br><br>Tortilla<br><br>Apple                    | 9<br>Cream of Broccoli Soup<br>Unsalted Crackers<br>Pier 17 Fish with Dill Sauce<br>Buttered, Parslied Noodles<br>Broccoli<br><br>Rye Bread<br><br>Banana | 10<br>Grape Juice<br>Roast Beef<br>Beef Gravy<br>Oven Roasted Potatoes<br>Spinach<br><br>12 Grain Bread<br><br>Lemon Pudding                               | 11<br>Apple Juice<br>BBQ Pork Chop<br>Stuffing<br>Carrots<br><br>Oatmeal Bread<br><br>Ice Cream Cup   |
| 14<br>Sweet and Sour Meatballs<br>Sesame Noodles<br>Oriental Blend<br>Vegetables<br><br>100% Whole Wheat<br><br>Peaches           | 15<br>Pineapple Juice<br>Roast Pork with Apples and Sauerkraut<br>Harvest Rice<br>Beets<br><br>Rye Bread<br><br>Peanut Butter Cookies                        | 16<br>Orange Juice<br>Spaghetti with Meat Sauce<br>Parmesan Cheese<br>Romaine Salad<br>Ranch Dressing<br><br>Garlic Bread<br><br>Pears                    | 17<br>Pea Soup<br>Unsalted Crackers<br>Crabcake<br>Steak Fries<br>Cole Slaw<br>Tartar Sauce<br><br>Hamburger Bun<br><br>Fresh Orange                       | 18<br>Cranberry Juice<br>Chicken Cacciatore<br>Brown Rice<br>Italian Blend<br>Vegetables<br><br>Italian Bread<br><br>Pudding                      |
| 21<br><br><b>CLOSED</b>                         | 22<br><b>MLK Special Lunch</b><br>Cranberry Juice<br>Chicken Jambalaya<br>Wild Rice<br>Spinach with Sauteed Onions<br><br>Corn Muffing<br><br>Banana Parfait | 23<br>Italian Wedding Soup<br>Unsalted Crackers<br>Lazy Man's Stuffed Peppers<br>W/Brown Rice<br>Broccoli<br>Wheat Bread<br><br>Peaches                   | 24<br>Meatloaf<br>Onion Gravy<br>Buttered Noodles<br>Peas & Carrots<br><br>Rye Bread<br><br>Pineapple Chunks   | 25<br>Orange Juice<br>Turkey Pot Pie<br>Diced Potatoes<br>Garden Salad<br>French Dressing<br><br>Biscuit<br><br>Oatmeal Raisin Cookies            |
| 28<br>Cranberry Juice<br>Aloha Chicken with Pineapple Sauce<br>Fried Rice<br>Broccoli<br><br>Oatmeal Bread<br><br>Tapioca Pudding | 29<br>Butternut Squash Soup<br>Unsalted Crackers<br>Philly Cheesesteak<br>Onions and Peppers<br>Tater Tots<br><br>Sub Roll<br><br>Fresh Orange               | 30<br>Apple Juice<br>LS Roast Pork<br>Sweet Potatoes<br>Creamy Spinach<br><br>100% Whole Wheat<br>Oatmeal Raisin<br>Crème Pie                             | 31<br>Cranberry Juice<br>Open Faced Turkey Sandwich with LS Turkey Gravy<br>Mashed Potato<br>Carrots<br>Potato Bread<br><br>Fruit Cup                      |    |