




# JANUARY 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Closed For New Year's Day If You Need A Meal Speak To Your Site Manager	<b>2</b> Pork Rib Patty Oatmeal Cookie Parslied Potatoes With Carrots Corn Orange Milk	<b>3</b> Cheese Enchilada With Chickpeas In White Sauce (Tortilla) Brussel Sprouts Summer Squash Fruit Cocktail Milk	<b>4</b> Meatballs In Gravy Brown Rice Winter Blend Vegetables Homemade Carrot Salad Sliced Peaches Milk	<b>5</b> Meat & Cheese Lasagna (Pasta) Cooked Seasoned Spinach Italian Blend Vegetables Banana Milk
<b>8</b> Garbanzo Beef Casserole (Rice) Parslied Carrots Green Beans Mandarins And Pineapple Milk	<b>9</b> Whole Wheat Spaghetti With Meat And Marinara Sauce Cauliflower Romaine Salad Pears Milk	<b>10</b> White Bean Chili With Chicken Crackers Broccoli Homemade Carrot Salad Apricot Halves Milk	<b>11</b> Breaded Haddock Brown Rice Mixed Vegetables Homemade Cole Slaw Applesauce Milk	<b>12</b> Chicken Ranch Salad With Romaine Lettuce/Bread 3 Bean Salad Pea Salad Orange Milk
<b>15</b> Closed In Observation Of Martin Luther King's Birthday If You Need A Meal Speak To Your Site Manager	<b>16</b> Sweet & Sour Meatballs Brown Rice CA Blend Vegetables Pickled Beets Fruit Cocktail Milk	<b>17</b> Cheese Ravioli Meat And Marinara Sauce Winter Blend Vegetables Italian Blend Vegetables Sliced Peaches, Birthday Muffin Milk	<b>18</b> Cheese Enchilada With Chickpeas & Red Sauce (Tortilla) Corn Homemade Carrot Salad Orange Milk	<b>19</b> Chicken Patty Sandwich Whole Wheat Bun & Fixins Mixed Vegetables Homemade Cole Slaw Banana Milk
<b>22</b> Omelet With Cheese Blueberry Muffin Baked Potato Stewed Tomato Mandarin Pineapple Milk	<b>23</b> Italian Noodle Casserole (Pasta) Cauliflower Lima Beans Sliced Pears Milk	<b>24</b> Pork Rib Patty Graham Crackers Sweet Potatoes Brussel Sprouts Fresh Apple Milk	<b>25</b> Oven Baked Chicken Leg Stuffing Broccoli Romaine Salad Apricot Slices Milk	<b>26</b> Tuna Salad Bread Corn Salad Homemade Carrot Salad Orange Milk
<b>29</b> Cheese Enchilada With Chickpeas & White Sauce (Tortilla) Pinto Beans Homemade Cole Slaw Fruit Cocktail Milk	<b>30</b> Chicken A La King Whole Wheat Noodles Zucchini Three Bean Salad Orange Milk	<b>31</b> Swedish Meatballs Rice Winter Blend Vegetables Homemade Carrot Salad Peach Slices Milk	<b>1</b> Beef Patty With Gravy Whole Wheat Dinner Roll Mashed Potatoes Peas Banana Milk	<b>2</b> Chicken Patty Parmesan Spaghetti Cooked Seasoned Spinach Romaine Salad Pineapple Tidbits Milk

NOTE: U.S. Dietary Guidelines recommend that we consume fewer than 2300 mg of sodium a day. Meals on this menu marked with  contain over 1000 mg of sodium. We are still researching the sodium content of our recipes and attempting to reduce the sodium content of the meals. Try to balance your sodium intake throughout the rest of the day.