




JANUARY 2019



Monday	Tuesday	Wednesday	Thursday	Friday
7 Swedish Meatballs Whole Grain Noodles Mixed Vegetables Multi-Bean Salad Fresh Orange Milk	8 Breaded Haddock Whole Grain Rice Cauliflower And Peas Romaine Salad Fresh Apple Milk	9 Meat & Cheese Lasagna (Pasta) Cooked Seasoned Spinach Italian Blend Vegetables Pineapple Milk	10 Cheese Enchilada White Sauce & Chicken Broccoli Succostash Apricots Milk	11 Honey Mustard Chicken Salad Wheat Crackers Pickled Beets Homemade Cole Slaw Sliced Pears Milk
14 Beef Patty W/Stroganoff Gravy Slice Of Whole Wheat Bread Baked Potato Peas Mandarines & Pineapple Milk	15 Italian Noodle Casserole (Whole Grain Pasta) California Blend Vegetables Green Beans Banana Milk	16 Pork Rib Patty Birthday Muffin Cooked Seasoned Cabbage Homemade Carrot Salad Hot Fruit Compote Milk	17 Oven Fried Chicken Leg Oatmeal Cookie Sweet Potatoes Brussel Sprouts Sliced Peaches Milk	18 Chili Beans With Meat Wheat Crackers Corn Homemade Cole Slaw Applesauce Milk
21 Closed For Martin Luther King Holiday If You Need A Meal Speak To Your Site Manager	22 Chicken Patty W/ BBQ Sauce Graham Crackers Roasted Potatoes & Carrots Winter Blend Vegetables Pears Milk	23 Tuna Noodle Casserole (Pasta) Broccoli Summer Squash Apricots Milk	24 Spaghetti With Meatballs (Whole Wheat Pasta) Parslied Carrots Romaine Salad Fresh Orange Milk	25 Blk Eyed Pea Salad HB Egg, Graham Crackers Homemade Cole Slaw Homemade Carrot Salad Mandarins And Pineapple Milk
28 Omelet With Cheese Bran Muffin Stewed Tomatoes Baked Potato Fresh Orange Milk	29 Cheese Enchilada With Red Sauce & Chicken Winter Blend Vegetables Fruit Cocktail Milk	30 Chicken A La King Graham Crackers Mashed Potatoes Zucchini Pineapple Milk	31 Hungarian Goulash (Whole Wheat Pasta) Cooked Seasoned Spinach Homemade Carrot Salad Banana Milk	1 Cheese Ravioli with Meat/Marinara Sauce Brussel Sprouts Romaine Salad Fruit Crisp Milk

Please make your meal reservations or cancellations two working days ahead.

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.