

January 2022 Monday	Tuesday	Wednesday	Thursday	Friday
3) Ribecue* w/sweet tater tots, corn & red pepper, burger bun & Jello Cal: 790; Carb:120; Sod:1480	4) Pesto Chicken w/orzo, carrots, whole wheat bread & mixed fruit Cal:730; Carb:80; Sod:705	5) Mac & Cheese w/peas, rye bread & mixed fruit Cal:815; Carb:120; Sod:850	6) Beef Stuffed Pepper w/tomato sauce, au gratin potatoes, Vienna bread & pineapple Cal:795; Carb:85; Sod:605	7) Salmon w/cream sauce, roasted potato, broccoli, oat bread & cookie Cal:1185; Carb:130; Sod:890
10) Spinach & Cheese Frittata w/home fries, mixed vegetables, snack & loaf, yogurt & juice Cal:710; Carb:105; Sod:790	11) Turkey w/gravy*, mashed potatoes, green beans, multi grain bread & applesauce Cal:620; Carb:90; Sod:1005	12) Hot Dog , w/baked beans, beets, roll & mandarins Cal:695; Carb:95; Sod:1135	13) Pot Roast w/jardiniere gravy, mashed potato, veggie blend, roll & berry crisp Cal:680; Carb:85; Sod:600	14) Curry Chicken w/wild rice, brussel sprouts, oat bread & fresh fruit Cal:935; Carb:85; Sod:840
17) Office Closed Martin Luther King	18) Stuffed Shells w/marinara*, zucchini w/red pepper, Vienna bread & pears Cal:610; Carb:90; Sod:1000	19) BBQ Chicken* w/rice & beans, garden salad, cornbread & peach crisp Cal:805; Carb:115; Sod:1160	20) Dijon Pork w/cabbage, sweet potato, rye bread & mixed fruit Cal:810; Carb:95; Sod:1035	21) Sloppy Joe w/tater tots, broccoli, whole wheat burger bun & pudding Cal:975; Carb:100; Sod:1310
24) Salisbury Steak w/gravy, mashed potato, brussel sprouts, biscuit & cookie Cal:705; Carb:80; Sod:1080	25) Pork Teriyaki w/veggie lo mein, veggie blend, whole grain roll & pineapple Cal:685; Carb:70; Sod:695	26) Broccoli & Cheese Stuffed Chicken w/squash, green beans, oat bread & Jello Cal:690; Carb:85; Sod:825	27) Beef Stew w/mashed potato, whole grain roll & peaches Cal:850; Carb:105; Sod:650	28) Potato Crunch Fish w/rice pilaf, corn, whole wheat burger bun & mandarins Cal:865; Carb:115; Sod:1040
31) Eggplant Parm* w/pasta, sauce, cauliflower, Vienna bread & pears Cal:740; Carb:105; Sod:1165	Menu Subject to Change Without Notice Total Calories, Sodium & Carbs include: Entrée, sides, dessert, fruit, bread, milk & margarine. Sodium: milligrams noted in parenthesis. Milk: 100 calories, 12 carbs & 110 mg sodium, Margarine: 30 cal, 0 carbs & 30 mg Sodium, *High sodium item (>500mg), Shading = High sodium meal (>1200), Total Calories, Sodium & Carb include: Entrée, sides, dessert, fruit, bread, milk & margarine.			