



January 2019



	1/1/19	1/2/19	1/3/19	1/4/19
		LEMON CHICKEN	MEATLOAF	MEATBALL MARINARA
		RICE	MASHED POTATOES	SPAGHETTI
	CLOSED FOR	BRUSSEL SPROUTS+	CHOPPED SPINACH*	CAULIFLOWER FLORETS+
	NEW YEAR'S DAY	PEAS AND CARROTS	BREAD	SPRING SQUASH
		BREAD	MANDARIN ORANGES+	BREAD
		BANANA	MARGARINE	PEARS
		MARGARINE	MILK	MARGARINE
		MILK		MILK
1/7/19	1/8/19	1/9/19	1/10/19	1/11/19
BAKED HAM	SOUTHERN PULLED PORK	SALISBURY STEAK	CHICKEN CACCIATORE	DICED HAM MAC & CHEESE
ROAST YAMS*	BBQ BAKED BEANS	RED GARLIC POTATOES	PASTA	STEWED TOMATOES
COLLIARD GREENS+	SAUTEED COLLARD GREENS*+	BROCCOLI & CARROTS*+	MIXED VEGETABLES *+	BABY GREEN PEAS+
BREAD	BREAD	BREAD	BREAD	BREAD
APPLE SAUCE	PEARS	CINNAMON APPLES	ORANGE	MANDARIN ORANGES+
MARGARINE	MARGARINE	MARGARINE	MARGARINE	MARGARINE
MILK	MILK	MILK	MILK	MILK
1/14/19	1/15/19	1/16/19	1/17/19	1/18/19
TURKEY/GRAVY	MEAT & VEGETABLE LASAGNA	ROSEMARY PORK	ORANGE CHICKEN	ENCHILADA CASSEROLE
MASHED POTATOES	SAUTEED CARROTS *	GARLIC HERB POTATOES	RICE	BROWN RICE & BEANS
SICILIAN BLEND VEGGIES*+	CAULIFLOWER FLORETS+	BRUSSEL SPROUTS+	ORIENTAL VEGETABLES+	ORIENTAL VEGETABLES+
BREAD	BREAD	BREAD	BREAD	BREAD
PINEAPPLE	PEARS	JELLO W/FRUIT	FRESH FRUIT COCKTAIL	PEACHES*
MARGARINE	MARGARINE	MARGARINE	MARGARINE	MARGARINE
MILK	MILK	MILK	MILK	MILK
1/21/19	1/22/19	1/23/19	1/24/19	1/25/19
	BEEF PATTY MELT w/onions & cheese	SWEDISH MEATBALLS	GARLIC ROSEMARY TURKEY	TERIYAKI CHICKEN
	MASHED POTATOES	RICE	ROASTED RED POTATOES*	RICE*
	GREEN BEANS	BRAISED CABBAGE+	SAUTEED GREEN BEANS+	SAUTEED GREEN BEANS+
CLOSED FOR	BREAD	PEAS AND CARROTS*	BREAD	SAUTEED CARROTS+
Martin Luther King, Jr. Day	MANDARIN ORANGES+	BREAD	PINEAPPLE TIDBITS	BREAD
	MARGARINE	APPLE SICES	MARGARINE	MANDARIN ORANGES+
	MILK	MARGARINE	MILK	MARGARINE
		MILK		MILK
1/28/19	1/29/19	1/30/19	1/31/19	
BEEF PATTY w/MUSHROOMS & ONIONS	POLISH SAUSAGE	BEEF STEW	CHICKEN PARMESAN w 1/2 C PASTA	
CRISPY CUBED POTATOES	BRAISED CABBAGE+	MASHED POTATOES*	SUMMER SQUASH	
SPINACH*	POTATOES & 1/2 CUP BAKED BEANS	BABY GREEN PEAS +	GREEN BEANS	
HAMBURGER BUN	HOT DOG ROLL	BREAD	BREAD	
JELLO W/FRUIT+	SLICED PEACHES*	FRUIT COCKTAIL +	FRUIT CUP +	
MARGARINE	MARGARINE	MARGARINE	BANANA	
MILK	MILK	MILK	MARGARINE	
			MILK	

Meal Pattern Requirement: (Meals provide a minimum of 1/3 RDA).

Meat or alternative = 3oz cooked, edible portion

Vegetables and Fruit= 3(1/2) portions

Bread or equivalent = 1 serving

Fat = 1 teaspoon Milk = 8oz daily