

## MENU FOR JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>HAPPY NEW YEAR</b> 1)	SLOPPY JOE W/BEEF WG BUN MAC & CHEESE GREEN BEANS ORANGES, MILK 2)	CHICKEN ALFREDO BROCCOLI WG GARLIC BREAD  PEACHES, MILK 3)	WG PANCAKES SAUSAGE PATTY EGGS W/ VEGGIES  APPLESAUCE, MILK 4)
BAKED SPAGHETTI W/GROUND BEEF TOSSED SALAD WHOLE GRAIN ROLL, MILK MIXED FRUIT (GRAPEFRUIT, APPLE, ORANGES) 7)	HOT DOG ON ON WG BUN CALI MIX VEGGIES MACARONI SALAD  PEARS, MILK 8)	HAMBURGER, GRAVY MASHED POTATOES BRUSSEL SPROUTS  ORANGES, MILK 9)	WHITE CHICKEN CHILI GRILLED CHEESE ON WG BREAD TOSSED SALAD  PEACHES, MILK 10)	PORK BBQ W/ WG BUN TATER TOTS LIMA BEANS  MIXED FRUIT (GRAPEFRUIT, APPLE, ORANGES), MILK 11)
CHICKEN OR TUNA SALAD WG ROLL, LETTUCE AND TOMATOES CHEESY POTATOES  PEACHES, MILK 14)	CHICKEN TENDERS ITALIAN PASTA SALAD PEAS AND CARROTS  MIXED FRUIT (GRAPEFRUIT, APPLE, ORANGES), MILK 15)	TACO BAKE W/BEEF WG SPANISH RICE CAULIFLOWER  ORANGES, MILK 16)	BBQ BAKED CHICKEN BROCCOLI & CHEESE RICE CARROTS  PEARS, MILK 17)	PIZZA CASSEROLE W/ GROUND BEEF GREEN BEANS  MIXED FRUIT (GRAPEFRUIT, APPLE, ORANGES), MILK 18)
<b>MARTIN LUTHER KING DAY</b> CHICKEN NOODLE SOUP PEANUT BUTTER AND JELLY ON WG BREAD  PEACHES, MILK 21)	CHEESY CHICKEN BUTTER CORN TOSSED SALAD  MIXED FRUIT (GRAPEFRUIT, APPLE, ORANGES), MILK 22)	HAM STEAKS WG BUTTERED NOODLES COLLAR GREENS  ORANGES, MILK 23)	CHICKEN PATTY ON WG ROLL BROCCOLI POTATO WEDGES  PEARS, MILK 24)	PORK AND GRAVY WG BROWN RICE MIXED VEGGIES  MIXED FRUIT (GRAPEFRUIT, APPLE, ORANGES), MILK 25)
SHEPHERDS PIE W/GROUND BEEF MASHED POTATOES, PEAS WHOLE GRAIN ROLL, MILK MIXED FRUIT (GRAPEFRUIT, APPLE, ORANGES) 28)	VEGGIE EGG SCRAMBLE WG FRENCH TOAST STICKS YOGURT  PEARS, MILK 29)	POTATO SOUP ROAST BEEF AND CHEESE ON WG BREAD BROCCOLI  ORANGES, MILK 30)	BAKED SPAGHETTI W/BEEF GREEN BEANS WG GARLIC BREAD  PEARS, MILK 31)	

Alternate meal options are available upon request. Participants have the option to bring their own lunch.  
 Whole Grain Bread or Bun and Beverage are included with each meal.