

# January

Monday	Tuesday	Wednesday	Thursday	Friday
<b>HAPPY NEW YEAR</b>		  <b>All CHEER Centers Closed.</b>	<b>2</b> Roast Turkey w/Gravy and Cranberry Sauce Red Skin Mashed Potatoes Bahama Vegetable Blend Diced Peaches 1% Milk	<b>3</b> Lasagna w/Meat Steamed Baby Carrots Tossed Salad w/Dressing Italian Bread w/Margarine Fruit Cocktail 1% Milk
<b>6</b> Ham w/Raisin Sauce Mashed Sweet Potatoes Steamed Broccoli Whole Wheat Bread w/Margarine Orange 1% Milk	<b>7</b> Hamburger Steak w/Onions and Gravy Baked Potato Steamed Baby Carrots Rye Bread w/Margarine Fruit Ambrosia/Fruit Cocktail 1% Milk	<b>8</b> Chef's Salad Lima Bean Soup Club Crackers Fresh Fruit - Banana 1% Milk	<b>9</b> Roasted Chicken w/Orange Sauce Brown Rice Steamed Green Beans Whole Wheat Bread Apple/Applesauce 1% Milk	<b>10</b> Beef w/Dumplings Pacific Blend Vegetables Roll w/Margarine Pear Halves 1% Milk
<b>13</b> Chicken Salad Vegetable Beef Soup Rye Bread Lettuce and Tomato Chocolate Ice Cream/Diet Ice Cream 1% Milk	<b>14</b> Roast Beef w/Gravy Corn Spring Vegetables Sweet Potato Biscuit Berry Crisp 1% Milk	<b>15</b> Oven Fried Chicken Macaroni Salad Broccoli and Cauliflower Blend Whole Wheat Dinner Roll w/Margarine Fresh Fruit Salad 1% Milk	<b>16</b> Spaghetti and Meat Sauce Tossed Salad w/Dressing Italian Blend Vegetables Italian Bread w/Margarine Pear Halves 1% Milk	<b>17</b> Oven Baked Pollack Macaroni and Cheese Stewed Tomatoes Cornbread w/Margarine Peaches 1% Milk
<b>20</b>  <b>All Centers Closed for Martin Luther King Day.</b>	<b>21</b> Chili w/Beans Brown Rice Oriental Vegetables Crackers Fresh Fruit 1% Milk	<b>22</b> Roast Pork w/Gravy Egg Noodles Spring Blend Vegetables Vanilla Yogurt Parfait Whole Wheat Dinner Roll w/Margarine 1% Milk	<b>23</b> Pulled BBQ Chicken Cole Slaw Mediterranean Blend Vegetables Whole Grain Roll Tangerine 1% Milk	<b>24</b> Salisbury Steak w/Gravy Baked Potato Beets WW Bread w/Margarine Peach Crisp 1% Milk
<b>27</b> Chicken Noodle Soup Turkey and Cheese Sandwich Lettuce/Tomato/Onion Baby Carrots Apple/Applesauce 1% Milk	<b>28</b> Roasted Chicken Breast w/Gravy Mashed Sweet Potatoes Pacific Blend Vegetables Apple Sauce Cake w/Granola Topping Fruit Cocktail (Diet) 1% Milk	<b>29</b> Baked Fish Stewed Tomatoes Harry's Famous Mac and Cheese Cornbread w/Margarine Pineapple Tidbits 1% Milk	<b>30</b> Marinated Beef Tips over Noodles w/Gravy Steamed Broccoli Biscuit w/Margarine Frozen Strawberry Delight 1% Milk	<b>31</b> Pork Chop w/Gravy Parslied Potatoes Green Beans Dinner Roll w/Margarine Fruit and Yogurt Parfait 1% Milk

Menu subject to change due to food availability. All menus meet 1/3 Recommended Dietary Reference Intake and are Heart Healthy; under 1 gram of Sodium per serving. Fish is available for Fridays during Lent per request. Please let your kitchen manager know if you have any allergies.