

January 2020

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Low Fat Milk Available With Each Meal		1 Centers Closed 	2 Rib Beef Patty w/ Braised Sauce Tomatoes w/ Cilantro Garden Peas Wh. Grain Bread Orange-Pineapple Juice	3 Sliced Turkey Cornbread Dressing Butternut Squash Flat Beans Dinner Roll Graham Crackers
	6 Hot Dog on Bun w/ Chili Sauce Baked Beans Corn w/ Diced Tomato Applesauce	7 Chicken Teriyaki Brown Rice Stir Fry Vegetables Carrots Wh. Grain Bread Grape Juice	8 Assorted Salad Plate French Dressing Baby Carrots Fresh Fruit Wh. Grain Bread	9 Fish Fillet Cheesy Mashed Potatoes Mixed Vegetables Wh. Grain Bread Apple Juice
13 Baked Chicken Yellow Rice w/ Tomatoes & Chives Green Beans Wh. Grain Bread Orange-Pineapple Juice	14 Meatballs and Penne Pasta in Marinara Broccoli Italian Vegetables Wh. Gain Bread Pineapple Cup	15 Krab Salad Creamy Broccoli Salad Tossed Salad Wh. Grain Bread Fresh Fruit	16 NY Strip Patty w/ Picadillo Sauce Green Peas Diced Sweet Potatoes Wh. Grain Bread Orange-Pineapple Juice	17 Chicken Parmesan Rosemary Potatoes Cheesy Spinach Wh. Grain Bread Grape Juice
20 Centers Closed 	21 Oven Baked Chicken Brown Rice Black Eyed Peas Spinach Grape Juice Wh. Grain Bread	22 Hot Dog on Bun w/ Chili Sauce Baked Beans Corn w/ Diced Tomato Applesauce	23 Battered Dipped Fish Garlic Mashed Potatoes Carrots Wh. Grain Bread Orange Juice	24 Chef Salad Ranch Dressing Wh. Grain Bread Fresh Fruit Blended Juice
27 Chicken Breast Patty over Rice Black Beans & Tomatoes Mixed Vegetables Wh. Grain Bread Grape Juice	28 Hamburger Au Jus Potato Wedges Carrots Blended Juice	29 Chicken Garden Casserole Summer Blend Vegetables Mandarin Oranges Wh. Grain Bread	30 Rib Beef Patty w/ Braised Sauce Tomatoes w/ Cilantro Garden Peas Wh. Grain Bread Orange-Pineapple Juice	31 Sliced Turkey Cornbread Dressing Butternut Squash Flat Beans Dinner Roll Graham Crackers

Menu Approved by: Registered Dietitian Dana Gardner and may be subject to change.

