

# JANUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday																				
<p>1</p> <p><b>Happy New Years! Closed</b></p>	<p>2 Salisbury Steak with Gravy Au Gratin Potatoes Butternut Squash Whole Wheat Bread Assorted Pudding w/Topping</p>	<p>3 Hot Dog Cowboy Beans Winter Blend Vegetables Rye Bread Apricots</p>	<p>4 Macaroni and Cheese Stewed Tomatoes Fruit Juice Wheat Bread Peaches</p>	<p>5 Oven Brown Fish w/Cheese Sandwich Peas &amp; Carrots Coleslaw Hamburger Bun Tapioca Pudding w/Topping*</p>																				
<p>8 Spanish Rice Broccoli Dinner Roll Coffee Cake</p>	<p>9 Kielbasa Boiled Potatoes in the Jacket Cabbage &amp; Carrots Rye Bread Cinnamon Pears</p>	<p>10 Cranberry Glazed Chicken Stuffing Cauliflower Whole Wheat Bread Cookie*</p>	<p>11 Ziti w/ Meat Sauce Tossed Salad Wax Beans Italian Bread Vanilla Pudding w/Fruit*</p>	<p>12 Roast Turkey w/Gravy Sweet Potatoes Brussel Sprouts Whole Wheat Bread Fruited Jell-O w/Topping*</p>																				
<p>15 Italian Sausage w/Peppers and Onions Boiled Potatoes Italian Green Beans Italian Bread Ice Cream*</p>	<p>16 Baked Chicken w/Supreme Sauce Rice Broccoli Whole Wheat Bread Peaches</p>	<p>17 Swedish Meatballs Buttered Noodles Zucchini &amp; Tomato Rye Bread Lemon Mousse*</p>	<p>18 Happy Birthday Hawaiian Pork Fluffy Rice Oriental Blend Wheat Dinner Roll Birthday Cake w/Frosting</p>	<p>19 Chili w/Cheese Green Beans Tossed Salad Oyster Crackers Assorted Fruit Cup</p>																				
<p>22 Rib B Que Oven Brown Potatoes Peas &amp; Onions Whole Wheat Bread Chocolate Pudding w/Topping*</p>	<p>23 Beef Stroganoff over Noodles Red Cabbage Rye Bread Tropical Fruit Cup</p>	<p>24 Oven Brownd Chicken Scalloped Potatoes Mixed Vegetables Whole Wheat Bread Ice Cream*</p>	<p>25 Meatloaf with Gravy Mashed Potatoes Harvard Beets Whole Wheat Bread P/A Tidbits</p>	<p>26 Stuffed Cabbage Roll Boiled Potatoes Carrots Rye Bread Spice Cake*</p>																				
<p>29 Meatball Minestrone Soup Warm Peaches Cottage Cheese Cup Dinner Roll Assorted Pudding w/Topping*</p>	<p>30 Chicken ala King Hubbard Squash Pineapple Juice Biscuit Fruit Crisp</p>	<p>31 Lasagna Roll Up w/Meat Sauce Italian Green Beans Italian Bread Fruit Cocktail</p>	<p>Nutrition Facts Serving Size—Average Daily Meal</p> <table> <tr> <td>Calories</td> <td>610</td> <td>Dietary Fiber</td> <td>7g</td> </tr> <tr> <td>Total Fat</td> <td>22g</td> <td>Protein</td> <td>24g</td> </tr> <tr> <td>Cholesterol</td> <td>75mg</td> <td colspan="2">*Percent Values are based on a 2,000 calorie diet*</td> </tr> <tr> <td>Sodium</td> <td>790 mg</td> <td></td> <td></td> </tr> <tr> <td>Total Carb.</td> <td>81g</td> <td></td> <td></td> </tr> </table>		Calories	610	Dietary Fiber	7g	Total Fat	22g	Protein	24g	Cholesterol	75mg	*Percent Values are based on a 2,000 calorie diet*		Sodium	790 mg			Total Carb.	81g		
Calories	610	Dietary Fiber	7g																					
Total Fat	22g	Protein	24g																					
Cholesterol	75mg	*Percent Values are based on a 2,000 calorie diet*																						
Sodium	790 mg																							
Total Carb.	81g																							