

JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Nutrition Facts Average Per Meal % Daily Value* Calories 590 Total Fat 18g 28% Cholesterol 90mg 30% Sodium 850mg 35% Total Carbohydrate 67g 22% Dietary Fiber 8gm 31% Protein 40g *Percent Daily Values are based on a</p>	<p>1</p> <p>Happy New Years! Closed</p>	<p>2</p> <p>Italian Sausage w/ Peppers and Onion Parmesan Pasta Italian Green Beans Italian Bread Ice Cream*</p>	<p>3</p> <p>Bar B Que Ribs Scalloped Potatoes Corn & Black Beans Whole Wheat Bread Mandarin Oranges</p>	<p>4</p> <p>Tortellini W/Ham & Peas in Alfredo Sauce Warm Peach Crisp Fruit Juice Dinner Roll Cookie*</p>
<p>7</p> <p>Goulash Cut Green Beans Italian Bread Apple Juice Lemon Pudding w/Topping</p>	<p>8</p> <p>Oven Roasted Chicken Stuffing Hubbard Squash Whole Wheat Bread Fruit Cup</p>	<p>9</p> <p>Stuffed Pork Chopette with Gravy Mashed Potatoes Spinach Rye Bread Tapioca Pudding*</p>	<p>10</p> <p>Beef Barley Soup Chicken Salad Sandwich Carrot/Raisin Salad Crackers Warm Sl. Apples</p>	<p>11</p> <p>New England Clam Chowder Fish Sticks/Cole Slaw Whole Wheat Bread Peach Crisp</p>
<p>14</p> <p>Lentil Vegetable Soup All Beef Hot Dog Fruit Juice Hot Dog Roll Vanilla Pudding*</p>	<p>15</p> <p>Macaroni and Cheese Stewed Tomatoes Whole Wheat Bread Apricots</p>	<p>16</p> <p>Italian Chicken & Potato Casserole Cauliflower Tossed Salad Italian Bread Oatmeal Cookie*</p>	<p>17</p> <p>Meatloaf w/Gravy Mashed Potato Brussel Sprouts Whole Wheat Bread Pineapple Tidbits</p>	<p>18</p> <p>Happy Birthday Chicken Rice & Broccoli Casserole Blend Vegetables Wheat Bread Birthday Cake</p>
<p>21</p> <p>Salisbury Steak with Gravy Mashed Potatoes Red Cabbage Whole Wheat Bread Choc. Chip Cookie*</p>	<p>22</p> <p>Chicken Parmesan Oven Roasted Potatoes Italian Green Beans Italian Bread Chocolate Pudding</p>	<p>23</p> <p>Hawaiian Pork Fluffy Rice Oriental Vegetables Whole Wheat Bread Mandarin Oranges</p>	<p>24</p> <p>Pasta Faggioli Egg Salad Sandwich Fruit Juice Warm Peaches</p>	<p>25</p> <p>Sliced Turkey with Gravy Mashed Potatoes Broccoli Whole Wheat Bread Fruited Jell-O w/Topping*</p>
<p>28</p> <p>Meatballs with Sauce Pasta with Sauce Italian Green Beans Italian Bread Apricots</p>	<p>29</p> <p>Southwestern Chicken Soup Chicken Tenders Broccoli Salad Crackers Rice Pudding w/Raisins</p>	<p>30</p> <p>Kielbasa w/ Cabbage & Carrots Boiled Potatoes in Jacket Rye Bread Cinnamon Peaches</p>	<p>31</p> <p>New England Clam Chowder Fish Sticks/Cole Slaw Whole Wheat Bread Apple/Cranberry Crisp</p>	