





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Regular Meals ONLY. No Alternate Meals during the month of January.</b></p>	<p>Low fat milk (12) is provided with each meal</p> <p>Numbers in parentheses represent carbohydrate count</p>	<p>Suggested donation \$3/meal</p> <p>Menu subject to change</p>		<p>1</p>  <p><b>NO MEAL</b></p>
<p><b>4 Swedish Meatballs (39)</b></p> <p>Rice (21) Carrots (06) Peaches (18) Fresh Baked Roll (16)</p>	<p><b>5 Three Bean Beef Chili (3)</b></p> <p>Seasoned California Blend Vegetables (18) Corn Chips (18) Cheese (22) Peaches (18) Brownie (23)</p>	<p><b>6 Malibu Chicken with Honey Mustard Sauce (08)</b></p> <p>Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Fruit Cocktail (08)</p>	<p><b>7 Santa Fe Shredded Turkey on Brown Rice (30)</b></p> <p>Roasted Corn (14) Black Beans (23) Fresh Baked Roll (16) Orange (22)</p>	<p><b>8 Curried Chicken over White Rice (30)</b></p> <p>Seasoned California Blend Vegetables (18) Fresh Baked Roll (16) Pineapple Tidbits (7)</p>
<p><b>11 Black Angus Meat Loaf (3)</b></p> <p>Garlic Mashed Potatoes &amp; Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Navel Orange (22)</p>	<p><b>12 Three Cheese Tortellini with Bolognese Sauce (28)</b></p> <p>Garden Green Salad (02) Diced Carrots (06) Cinnamon Apple Crisp (67) Fresh Baked Roll (15)</p>	<p><b>13 Teriyaki Chicken Bowl (8)</b></p> <p>Steamed Brown Rice (21) Fresh Steamed Broccoli (04) Fresh Apple (28) Fresh Baked Roll (16)</p>	<p><b>14 Corn Chowder (22)</b></p> <p>Green Beans (11) Sliced Peaches (18) Fresh Corn Bread (33)</p>	<p><b>15 Garlic Roasted Beef Round (00)</b></p> <p>Herb Roasted Baby Potatoes (15) Seasoned Peas (11) Mixed Fruit Cocktail (8) Fresh Baked Roll (16)</p>
<p><b>18</b></p>  <p><b>NO MEAL</b></p>	<p><b>19 Cured Honey Baked Ham (00)</b></p> <p>Scalloped Potatoes (13) Diced Beets (06) Fresh Corn Bread (33) Apple Sauce (08)</p>	<p><b>20 Savory Chicken Salad Wrap (18)</b></p> <p>Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)</p>	<p><b>21 Shepherd's Pie (79)</b></p> <p>Seasoned Peas (11) Cottage Cheese &amp; Fruit (12) Fresh Baked Roll (16) Chocolate Brownie (23)</p>	<p><b>22 Barbeque Chicken (03)</b></p> <p>Au Gratin Potato (19) Green Beans (2) Fresh Orange (22) Fresh Baked Roll (16)</p>
<p><b>25 Creamed Chicken over White Rice (30)</b></p> <p>Seasoned California Blend Vegetables (18) Fresh Baked Rolls (16) Pineapple Tidbits (07)</p>	<p><b>26 Hearty Beef and Vegetable Stew (14)</b></p> <p>Fresh Green Salad (2) Fresh Cornbread (33) Cocktail with Jell-O (10)</p>	<p><b>27 Sloppy Joe (0)</b></p> <p>Fresh Hamburger Bun (15) Mustard Potato Salad (19) Pork and Beans (25) Navel Oranges (22)</p>	<p><b>28 Ziti Pasta with Meat Sauce (25)</b></p> <p>Garden Green Salad (2) Fresh Baked Garlic Roll (15) Seasonal Fruit Crisp (67)</p>	<p><b>29 Roast Turkey Breast (03)</b></p> <p>Garlic Mashed Potatoes &amp; Turkey Gravy (25) Crinkle Cut Carrots (06) Fresh Baked Roll (15) Mandarin Oranges (11)</p>