









January 2017


Low Fat Milk Provided With Daily Meals

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	<p>Chicken Fried Steak Cream Gravy Yellow Corn Turnip Greens Wheat Roll Apricots w/skin-Lt Syrup</p>	<p>Meatloaf/Tomato Sauce Mashed Potatoes Winter Blend Vegetables Apple Fluff Wheat Roll</p> 	<p>Chicken Spaghetti Carrots Zucchini Bananas/Vanilla Pudding Wheat Bread</p>	<p>Shaved Turkey Sandwich Tomato/Lettuce & Pickle Broccoli Raisin Salad Macaroni Salad Pineapple Tidbits</p>
9	10	11	12	13
<p>Beef Enchiladas Borracho Beans Spanish Rice Coleslaw Cornbread Apricots</p>	<p>Chicken Fajitas Fajita Vegetables Chuck Wagon Corn Spanish Rice Fruit Cocktail Flour Tortilla</p>	<p>Beef, Macaroni & Tomato Casserole Lima Beans Fruit & Oatmeal Bar Wheat Roll</p>	<p>Baked Fish Scandia/ Lemon Red Potatoes (skin on) Coleslaw w/ Apple Peach Shortcake Cornbread</p>	<p>Pork Chop Black-Eye Peas Spinach Baked Apple Slices Cornbread</p>
16	17	18	19	20
<p>Center Closed for MLK Day</p> 	<p>Jambalaya Carrots Black Eyed Peas Lazy Cake Cornbread</p> 	<p>BBQ Brisket Hash Browns Turnip Greens Cornbread Fluffy Pineapple Pie</p>	<p>Chicken Ala King Long Grain White Rice California Veg Blend Spinach Mushroom Salad Chocolate Chip Cookie Wheat Roll</p>	<p>Charbroiled Beef Patty Tom/Pickles/Onion/ Lettuce Herbed Potato Fries Berry Cobbler Wheat Bun W</p>
23	24	25	26	27
<p>BBQ Chicken Breast Filet Baked Potato w/ Sour Cream Whole Wheat Roll/ Butter Mixed Vegetables Mandarin Oranges/ Whipped Topping</p>	<p>Vegetable Beef Stew Cornbread/ Butter Tossed Salad w Dressing Orange Pineapple Cup Diet Pumpkin Custard</p>	<p>Chicken Fried Steak Mashed Potatoes Country Gravy Stewed Okra Seasoned Corn Pumpkin Square</p> 	<p>Breaded Fish on Bun Lettuce, Tomato, Pickle Lo cal Tartar Sauce Potato Wedges Cole Slaw w/ Dressing Peach Chantilly</p>	<p>Homestyle Lasagna Garlic Bread Brussel Sprouts Pears</p> 
30	31			
<p>Meatloaf/Tomato Sauce Mashed Potatoes Winter Blend Vegetables Apple Fluff Wheat Roll</p>	<p>Salisbury Steak Diced Potatoes skin on English Peas Fruit Salad in Juice Wheat Roll</p>			