

# January

HBF

Please call your local center to confirm the menu for the day.

Monday	Tuesday	Wednesday	Thursday	Friday
				
		Happy New Year! 1	Baked Fish 2 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit	Taco Salad 3 (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1c Tortilla Soup 1/2c Pineapple
Sloppy Joe 6 1 Baked Potato 1/2c Green Beans 1 Hamburger Bun Fresh Fruit	Popcorn Chicken w/ Gravy 7 1/2c Whipped Potatoes 1/2c Corn 1 Biscuit 1/2c Peaches	Stuffed Pepper w/ Tomato Sauce 8 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 White Bread 1/2c Pudding	Turkey Chef Salad 9 (2oz Turkey, Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll Fresh Fruit	Chicken Alfredo 10 1/2c Noodles 1/2c Broccoli 1 Garlic Breadstick 1/2c apple cranberry crisp
Baked Meatloaf w/ Gravy 13 Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit	Chicken Bacon Carbonara 14 (3oz Chicken, 1/2oz Bacon) 1/2c Pasta 1/2c California Blend Vegetables 1 Breadstick 1/2c Mandarin Oranges	Tuna Salad Sandwich (4oz) 15 1c Bean Soup 1/2c Coleslaw 2 White Bread Fresh Fruit	Baked Goulash 16 1/2c Brussel Sprouts 1/2c peaches 1 Italian Bread	Sliced Ham 17 1/2c Orange Blossom Sweet Potatoes 1/2c Peas & Carrots 1 Dinner Roll 1 Cookie
Center 20 Closed Martin Luther King Jr. Day	Pot Roast w/ Gravy 21 1/2c Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread 1/2c pudding	BBQ Pork Ribete 22 1/2 Hashbrown cubes 1/2c Green Beans 1 Hamburger bun 1/2c pineapple delight 	Open Faced Turkey Sandwich 23 w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	Italian Burger 24 (Peppers, Onions, White Cheese) 1c Creamy Potato Soup 1 Hamburger Roll Seasonal Fresh Fruit
Cajun Shrimp 27 1/2c Creamy Pasta 1/2c Peas 1 Breadstick 1/2c Pineapple	Grilled Chicken Salad 28 (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Fruited Gelatin	Burgundy Glazed Meatballs (4) 29 1/2c Rice 1/2c Carrots 1 Italian Breadstick Fresh Orange	Western Omelet 30 w/ Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice	Open Faced Roast Beef w/ Gravy 31 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding  <i>*menu subject to change</i>