

# JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p>  <p style="color: red; font-weight: bold; text-align: center;">Happy New Year!!</p>	<p><b>2</b></p> <p><b>Roast Beef</b>-3 oz.                      Scalloped Potatoes-½ cup                      Mixed Vegetables-½ cup                      Wheat Bread-1 Slices                      Spiced Applesauce-½ cup Milk-8 oz.</p>	<p><b>3</b></p> <p><b>Sloppy Joe</b>-3 oz.                      Cubed Potatoes-½ cup                      Broccoli-½ cup                      Wheat Bun-2 oz.                      Banana-1 Milk-8 oz.</p>	<p><b>4</b></p> <p><b>Creamed Chicken</b> 4 oz..                      w/1 Biscuits-2½" ea.                      Carrots 1/2 cup                      Peas 1/2 cup                      Diced Peaches 1/2 cup                      Milk 8 oz</p>	<p><b>5</b></p> <p><b>Egg Salad</b> 3 oz                      Potato Salad 4oz                      3 Bean Salad 4 oz                      Fruit Cup Bun                      Milk 8 oz</p>
<p><b>8</b></p> <p><b>Turkey Sausage</b>-3oz.                      Peppers &amp; Onions-2 oz.                      Green Beans-½ cup                      Oven Potatoes-½ cup                      Hot Dog Bun-2 oz.                      Tropical Fruit Mix-½ cup                      Milk-8 oz.</p>	<p><b>9</b></p> <p><b>Meat Lasagna</b> 3x3                      Garden Salad-1 cup                      Italian Vegetables-½ cup                      Breadstick 1                      Applesauce 1/2 cup                      Milk-8 oz.</p>	<p><b>10</b></p> <p><b>Chili</b>-8 oz.                      Diced Tomatoes 1/2 cup                      Corn 1/2 cup                      Corn Muffin 2 oz                      Banana Milk 8 oz</p>	<p><b>11</b></p> <p><b>Meat Loaf</b> 4 oz                      Mashed Potato 1/2 cup                      Vegetable Medley-1/2 cup                      Dinner Roll-2 oz.                      Mixed Fruit 1/2 cup                      Milk-8 oz.</p>	<p><b>12</b></p> <p><b>Omelet</b> 3 oz                      Diced Potato 1/2 cup                      Broccoli 1/2 cup                      Biscuit Mixed Fruit 1/2 cup                      Milk 8 oz</p>
<p><b>15</b></p> <p style="color: red; font-weight: bold; text-align: center;">Martin Luther King Day</p>	<p><b>16</b></p> <p><b>BBQ Chicken</b>-3 oz.                      Rice 1/2 cup                      Brussel Sprout 1/2 cup                      Dinner Roll-2 oz.                      Pineapple Tidbits 1/2 cup                      Milk-8 oz.</p>	<p><b>17</b></p> <p><b>Swedish Meatballs</b>-3 ea.                      Mashed Potatoes-½ cup                      Peas 1/2 cup                      Bread1 Slices                      Fruit Cup                      Milk-8 oz.</p>	<p><b>18</b></p> <p><b>BBQ Riblets</b> 4 oz                      Au Gratin Potatoes 1/2 cup                      Spinach 1/2 cup                      Bread1 Slice                      Fruit Cup                      Milk 8 oz</p>	<p><b>19</b></p> <p><b>Ham Salad</b> 3 oz                      Pasta Salad 1/2 cup                      Broccoli Salad 1/2 cup                      Fruit Cup Bun                      Milk 8 oz</p>
<p><b>22</b></p> <p><b>Chicken Breast</b>-3 oz                      Mashed Potatoes-½ cup                      Beets-½ cup                      Dinner Roll-2 oz                      Diced Pears 1/2 cup                      Milk-8 oz.</p>	<p><b>23</b></p> <p><b>Hearty Beef Stew</b>-8 oz Waxed Beans 1/2 cup                      Cole Slaw 1/2 cup                      Biscuit 1 Sliced Apples 1/2 cup                      Milk-8 oz.</p>	<p><b>24</b></p> <p><b>Stuffed Peppers</b> 1 ea.                      Mashed Potatoes-½ cup                      Green Beans-½ cup                      Wheat Bread-1 Slices                      Escalloped Apples-½ cup                      Milk-8 oz.</p>	<p><b>25</b></p> <p><b>Sausage Gravy</b> 1 cup                      Diced Potatoes 1/2 cup                      Broccoli 1/2 cup                      Biscuit                      Milk 8 oz</p>	<p><b>26</b></p> <p><b>Macaroni/Cheese</b>-6 oz.                      Stewed Tomatoes 1/2 cup                      Mixed Vegetables-½ cup                      Muffin-2 oz.                      Grapes-½ cup                      Milk-8 oz.</p>
<p><b>29</b></p> <p><b>Hamburger</b>-3 oz.                      Diced Potatoes 1/2 cup                      Baked Beans-½ cup                      Wheat Bun-2 oz                      Fruit Cup                      Milk 8 oz</p>	<p><b>30</b></p> <p><b>Sweet &amp; Sour Chicken</b> 3 oz                      Whipped Potatoes-½ cup                      Peas-½ cup                      Wheat Roll-2 oz.                      Sliced Strawberries-½ cup                      Milk-8 oz.</p>	<p><b>31</b></p> <p><b>Cheese Ravioli</b> 4 oz                      Green Beans-½ cup                      Corn-½ cup                      Bread 1 Slice                      Jello with ½ cup fruit                      Milk-8 oz.</p>	 <p style="font-style: italic;">Jill Riffle MS, RDN, LD</p>	