








Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2 	3 Baked Cod w/ lemon, Au Gratin potatoes, Stewed tomatoes & green beans, bread, fruit & grain bar Cal 697	4 Ground Turkey Patty, Spinach, Haluski, Wheat bread, Fruit cocktail Cal 697	5 Cider Beef Stew w/celery, onions, carrots & potatoes, Brown rice, Wheat roll, Orange Cal 600	6 Chicken Breast w/ Lemon herb sauce, Gourmet potatoes, Italian green beans, Wheat bread, Peach cuts Cal 600	7 Roast Beef w/ gravy, Whipped potatoes, Broccoli florets, Dinner roll, Gala apple, Oatmeal-raisin cookie Cal 616	8
9	10 Pork w/thin gravy, Butternut squash cubes, Cauliflower Florets, Cracked wheat bread, Fuji apple, Graham crackers Cal 629	11 Turkey w/gravy, Spanish rice, Carrot coins, Wheat bread, Pineapple cuts Cal 627	12 Beef meatballs w/bow ties in pasta sauce, Mixed vegetables, Italian bread, Orange Cal 686	13 Birthday Menu Pepper steak w/thin gravy, Whipped potatoes, Green peppers, onions, mushrooms, tomatoes, roll, strawberry shortcake Cal 681	14 Chicken breast w/ mushroom gravy, Parsley potatoes, Broccoli florets, Multi-grain bread, Banana Cal 673	15 
16 	17 Martin Luther King Day Turkey burger Parmesan, Potatoes w/ Old Bay Seasoning, Winter squash, bread, fruit cocktail Cal 743	18 Chicken breast in honey Dijon sauce, Broccoli florets, Scalloped potatoes, Dinner roll, Gala apple Cal 620	19 Shredded BBQ Beef, Midori vegetables, Brown rice pilaf, Wheat bun, Orange Cal 680	20 Ground beef meatloaf w/gravy, Garlic whipped potatoes, Peas & pearl onions, Rye bread, applesauce Cal 647	21 Cod w/lemon pepper seasoning, Macaroni & cheese, Italian green beans w/red pepper, Bread, Banana Cal 657	22
23 	24 Hearty beef stew w/potatoes, carrots, onions, & celery, Mexican blend vegetables, Dinner roll, Orange Cal 652	25 Roast beef w/thin gravy, Whipped Potatoes, Green & yellow beans w/mushrooms, Bread, Apple, Graham crackers Cal 626	26 Turkey divan w/ sauce, Parsley potatoes, broccoli spears, Honey cracked wheat bread, Banana Cal 722	27 Ground Turkey meat sauce on Spiral pasta, Spinach, Wheat roll, Pineapple cuts & Mandarin oranges Cal 600	28 Chicken breast w/ thin gravy, Savory potatoes, Peas & carrots, Multi-grain bread, Apricots Cal 602	29 
30 	31 Pulled pork sandwich, Parsley & chive potatoes, Brussels sprouts, Wheat bun, Fruit Cocktail Cal 673	