

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Centers Closed New Year's Day Observance</p> 	<p>3</p> <p>Chicken & Dumplings Green Peas Garden Vegetables Dinner Roll Fresh Fruit</p>	<p>4</p> <p>Spanish Rice/Beef Glazed Carrots Green Beans Wheat Bread Fresh Fruit</p>	<p>5</p> <p>Turkey Ham/White Beans Broccoli Corn O'Brien Cornbread Fresh Fruit</p>	<p>6</p> <p>Hamburger Patty Ranch Beans Sliced Tomato Lettuce Hamburger Bun Mixed Fruit Crisp</p>
<p>9</p> <p>Chicken Noodle Casserole Brussels Sprouts Dilled Carrots Wheat Bread Fruit Cup</p>	<p>10</p> <p>Salisbury Steak Lima Beans California Vegetables Wheat Bread Fresh Fruit</p>	<p>11</p> <p>BBQ Chicken Thigh Garlic Whipped Potatoes Green Beans Dinner Roll Fresh Fruit</p>	<p>12</p> <p>Sliced Turkey/Gravy Whipped Sweet Potatoes Peas & Carrots Dinner Roll Fudge Crème Cookie</p>	<p>13</p> <p>Spaghetti Casserole Whole Kernel Corn Italian Vegetables Dinner Roll Fresh Fruit</p>
<p>16</p> <p>Centers Closed MLK Day Observance</p> 	<p>17</p> <p>Chicken Broccoli Rice Casserole Green Peas Country Vegetables Dinner Roll Fresh Fruit</p>	<p>18</p> <p>Hamburger Patty Baked Northern Beans Sliced Tomato Lettuce Hamburger Bun Mixed Fruit Crisp</p>	<p>19</p> <p>Mushroom Chicken Rotini Noodles Herbed Green Beans Dinner Roll Fresh Fruit</p>	<p>20</p> <p>Beef Chili Mac Whole Kernel Corn Parslied Carrots Cornbread Fresh Fruit</p>
<p>23</p> <p>Meatloaf/Onion Gravy Delmonico Potatoes Green Beans Wheat Bread Fruit Cup</p>	<p>24</p> <p>Chicken Taco Meat Pinto Beans Lettuce/Tomato Flour Tortilla Fresh Fruit Taco Sauce</p>	<p>25</p> <p>BBQ Rib Patty Parslied Potatoes Cabbage Dinner Roll Fresh Fruit</p>	<p>26</p> <p>Tuna Mac Salad Coleslaw Green Pea Salad Saltine Crackers Fresh Fruit</p>	<p>27</p> <p>Chicken Tetrazzini Black-eye Peas Collard Greens Wheat Bread Fresh Fruit</p>
<p>30</p> <p>Meatballs w/ Gravy Whole Kernel Corn Spring Vegetables Dinner Roll Fruit Cup</p>	<p>31</p> <p>Chicken & Dumplings Green Peas Garden Vegetables Dinner Roll Fresh Fruit</p>		<p>Low Fat Milk Available With Each Meal</p>	

Menu Approved by: Registered Dietitian Dana Gardner and may be subject to change.