







	January 1	January 2	January 3	January 4	
	<p><b>January 2019</b></p>  <p><b>New Year's Day Site Closed</b></p>				
<b>WEEK 1</b>	<p>January 7</p> <p>8 oz. <b><u>Chicken Broccoli Alfredo</u></b>                      ½ c. Flat Beans                      ½ c. Carrot Coins                      1 sl. Whole Wheat Bread                      Margarine Cup                      ½ c. Mixed Fruit                      8 oz. 1% Low Fat Milk</p>	<p>January 8</p> <p>3 oz. <b><u>Breaded Fish Nuggets</u></b>                      ½ c. Potato Au Gratin                      ½ c. Tomatoes &amp; Okra                      1 sl. Whole Wheat Bread                      1 pk. Tartar Sauce                      ½ c. Pears                      8 oz. 1% Low Fat Milk</p>	<p>January 9</p> <p>3 oz. <b><u>Homestyle Meatloaf w/ 2 oz. Onion Gravy</u></b>                      ½ c. Mashed Potatoes                      ½ c. Broccoli                      1 sl. Whole Wheat Bread                      Margarine Cup                      ½ c. Peaches                      8 oz. 1% Low Fat Milk</p>	<p>January 10</p> <p>3 oz. <b><u>Beef Frankfurter</u></b>                      ¼ c. Baked Beans                      ½ c. Coleslaw                      1 Whole Grain Hot Dog Bun                      ½ c. Pineapple                      1 pkt. Mustard &amp; Ketchup                      8 oz. 1% Low Fat Milk</p>	<p>January 11</p> <p>4 oz. Orange Juice                      3 oz. <b><u>Western Omelet</u></b>                      ½ c. Potatoes O' Brien                      ½ c. Cranberry Pears                      1 Biscuit                      8 oz. 1% Low Fat Milk</p>
	<p>January 14</p> <p>8 oz. <b><u>White Chicken Chili</u></b>                      ½ c. Brown Rice                      ½ c. Yellow Corn                      ½ c. Peaches                      8 oz. 1% Low Fat Milk</p>	<p>January 15</p> <p>8 oz. <b><u>Spaghetti and Meat Sauce</u></b> (3 M/MA, 1 G/B)                      ½ c. Tossed Salad                      ½ c. Italian Vegetable Medley                      French Dressing                      1 Chocolate Chip Cookie                      8 oz. 1% Low Fat Milk</p>	<p>January 16</p> <p>4 oz. <b><u>Turkey Salad</u></b>                      ½ c. Tomato Cucumber Salad                      ½ c. Three Bean Salad                      1 Sl. White Bread                      Margarine Cup                      ½ c. Citrus Fruit Salad                      8 oz. 1% Low Fat Milk</p>	<p>January 17</p> <p>3 oz. <b><u>Flame Broiled Beef Patty</u></b>                      ½ c. Mixed Vegetables                      ¼ c. Baked Beans                      1 Whole Grain Hamburger Bun                      1 pk. ea. Ketchup/ Mustard                      ½ c. Pears                      8 oz. 1% Low Fat Milk</p>	<p>January 18</p> <p>3 oz. <b><u>Oven Fried Chicken Legs</u></b>                      ½ c. Collard Greens                      ½ c. Black Eyed Peas                      1 Corn Muffin                      Margarine Cup                      ½ c. Peach Cobbler                      8 oz. 1% Low Fat Milk  <b><u>MARTIN LUTHER KING, JR. DAY CELEBRATION</u></b></p>
<b>WEEK 2</b>	<p>January 21</p> <p><b>Martin Luther King Day Site Closed</b></p>	<p>January 22</p> <p>3 oz. <b><u>NY Charbroiled Beef Strip w/ Marsala Sauce</u></b>                      ½ c. Mashed Potato                      ½ c. Green Beans                      1 sl. Whole Grain Bread                      ½ c. Chocolate Pudding                      8 oz. 1% Low Fat Milk</p>	<p>January 23</p> <p>3 oz. <b><u>Chicken Parmesan</u></b> over                      ½ c. Rotini Noodles                      ½ c. Marinara                      ½ c. Tuscan Blend Vegetables (squash, mixed vegetables)                      1 Dinner Roll                      Mini Moon Pie                      8 oz. 1% Low Fat Milk</p>	<p>January 24</p> <p>4 oz. <b><u>Egg Salad</u></b>                      ½ c. Diced Tomato Relish                      ½ c. Marinated Broccoli Salad                      1 sl. Whole Grain Bread                      Fresh Orange                      8 oz. 1% Low Fat Milk</p>	<p>January 25</p> <p>8 oz. <b><u>Beef Stroganoff Casserole</u></b>                      ½ c. Green Peas                      ½ c. Carrot Coins                      1 sl. Italian Bread                      Margarine Cup                      ½ c. Mixed Fruit                      8 oz. 1% Low Fat Milk</p>
	<p>January 28</p> <p>8 oz. <b><u>Sliced Smoked Sausage and BBQ Red Beans</u></b>                      ½ c. California Blend Vegetables                      ½ c. Green Beans                      1 Corn Muffin                      ½ c. Peaches                      8 oz. 1% Low Fat Milk</p>	<p>January 29</p> <p>3 oz. <b><u>Sliced Roast Pork w/ Gravy</u></b>                      ½ c. Mixed Greens                      ½ c. Black Eyed Peas                      1 Corn Muffin/ Margarine Cup                      1 Fresh Fruit –Banana                      8 oz. 1% Low Fat Milk</p>	<p>January 30</p> <p>4 oz. <b><u>Creamed Chicken Casserole</u></b>                      ½ c. Mixed Vegetables                      ½ c. Rutabagas                      1 Whole Grain Dinner Roll                      Margarine Cup                      ½ c. Applesauce                      8 oz. 1% Low Fat Milk</p>	<p>January 31</p> <p>4 oz. <b><u>Tuna Salad</u></b>                      ½ c. Sliced Pickled Beet &amp; Onion Salad                      ½ c. Tossed Salad                      Italian Dressing                      2 sl. Whole Grain Bread                      ½ c. Mandarin Oranges                      8 oz. 1% Low Fat Milk</p>	
<b>WEEK 3</b>					
<b>WEEK 4</b>					

WEEK 4	<p style="text-align: center;"><b>February 2019</b></p> 				February 1	
					<p><b>3 oz. Sliced Turkey w/ Gravy</b>                      ½ c. Lima Beans                      ½ c. Carrots                      ½ c. Cornbread Stuffing                      ½ c. Cranberry Apples                      8 oz. 1% Low Fat Milk</p>	
WEEK 1	February 4		February 5		February 6	
	<p>8 oz. <b>Chicken Broccoli Alfredo</b>                      ½ c. Flat Beans                      ½ c. Carrot Coins                      1 sl. Whole Wheat Bread                      Margarine Cup                      ½ c. Mixed Fruit                      8 oz. 1% Low Fat Milk</p>		<p><b>3 oz. Breaded Fish Nuggets</b>                      ½ c. Potato Au Gratin                      ½ c. Tomatoes &amp; Okra                      1 sl. Whole Wheat Bread                      1 pk. Tartar Sauce                      ½ c. Pears                      8 oz. 1% Low Fat Milk</p>		<p>3 oz. <b>Homestyle Meatloaf w/ 2 oz. Onion Gravy</b>                      ½ c. Mashed Potatoes                      ½ c. Broccoli                      1 sl. Whole Wheat Bread                      Margarine Cup                      ½ c. Peaches                      8 oz. 1% Low Fat Milk</p>	
		February 7		February 8		
		<p>3 oz. <b>Beef Frankfurter</b>                      ¼ c. Baked Beans                      ½ c. Coleslaw                      1 Whole Grain Hot Dog Bun                      ½ c. Pineapple                      1 pkt. Mustard &amp; Ketchup                      8 oz. 1% Low Fat Milk</p>		<p>4 oz. Orange Juice                      3 oz. <b>Western Omelet</b>                      ½ c. Potatoes O' Brien                      ½ c. Cranberry Pears                      1 Biscuit                      8 oz. 1% Low Fat Milk</p>		
WEEK 2	February 11		February 12		February 13	
	<p><b>8 oz. White Chicken Chili</b>                      ½ c. Brown Rice                      ½ c. Yellow Corn                      ½ c. Peaches                      8 oz. 1% Low Fat Milk</p>		<p><b>8 oz. Spaghetti and Meat Sauce</b> (3 M/MA, 1 G/B)                      ½ c. Tossed Salad                      ½ c. Italian Vegetable Medley                      French Dressing                      1 Chocolate Chip Cookie                      8 oz. 1% Low Fat Milk</p>		<p><b>4 oz. Turkey Salad</b>                      ½ c. Tomato Cucumber Salad                      ½ c. Three Bean Salad                      1 Sl. White Bread                      Margarine Cup                      ½ c. Citrus Fruit Salad                      8 oz. 1% Low Fat Milk</p>	
		February 14		February 15		
		<p><b>3 oz. Roast Beef w/ Gravy</b>                      ½ c. Garlic Mashed Potatoes                      ½ c. Brussel Sprouts                      1 Dinner Roll                      Valentine's Dessert                      8 oz. 1% Low Fat Milk</p> <p style="text-align: center;"><b>VALENTINE'S DAY CELEBRATION</b></p>		<p>4 oz. Grape Juice                      3 oz. <b>Lemon Pepper Baked Chicken Thigh</b>                      ½ c. Spinach                      ½ c. Black Eye Peas                      1 sl. Whole Grain Bread                      Margarine Cup                      8 oz. 1% Low Fat Milk</p>		
WEEK 3	February 18		February 19		February 20	
	<p><b>3 oz. Chicken Sausage Links (2 each)</b>                      ½ c. Cheese Grits                      ½ c. Stewed Tomatoes                      1 Corn Muffin                      ½ c. Pineapple                      8 oz. 1% Low Fat Milk</p>		<p>3 oz. <b>NY Charbroiled Beef Strip w/ Marsala Sauce</b>                      ½ c. Mashed Potato                      ½ c. Green Beans                      1 sl. Whole Grain Bread                      ½ c. Chocolate Pudding                      8 oz. 1% Low Fat Milk</p>		<p>3 oz. <b>Chicken Parmesan</b> over                      ½ c. Rotini Noodles                      ½ c. Marinara                      ½ c. Tuscan Blend Vegetables (squash, mixed vegetables)                      1 Dinner Roll                      Mini Moon Pie                      8 oz. 1% Low Fat Milk</p>	
		February 21		February 22		
		<p><b>4 oz. Egg Salad</b>                      ½ c. Diced Tomato Relish                      ½ c. Marinated Broccoli Salad                      1 sl. Whole Grain Bread                      Fresh Orange                      8 oz. 1% Low Fat Milk</p>		<p>8 oz. <b>Beef Stroganoff Casserole</b>                      ½ c. Green Peas                      ½ c. Carrot Coins                      1 sl. Italian Bread                      Margarine Cup                      ½ c. Mixed Fruit                      8 oz. 1% Low Fat Milk</p>		
WEEK 4	February 25		February 26		February 27	
	<p>8 oz. <b>Sliced Smoked Sausage and BBQ Red Beans</b>                      ½ c. California Blend Vegetables                      ½ c. Green Beans                      1 Corn Muffin                      ½ c. Peaches                      8 oz. 1% Low Fat Milk</p>		<p><b>3 oz. Sliced Roast Pork w/ Gravy</b>                      ½ c. Mixed Greens                      ½ c. Black Eyed Peas                      1 Corn Muffin/ Margarine Cup                      1 Fresh Fruit –Banana                      8 oz. 1% Low Fat Milk</p>		<p><b>4 oz. Creamed Chicken Casserole</b>                      ½ c. Mixed Vegetables                      ½ c. Rutabagas                      1 Whole Grain Dinner Roll                      Margarine Cup                      ½ c. Applesauce                      8 oz. 1% Low Fat Milk</p>	
		February 28				
		<p>4 oz. <b>Tuna Salad</b>                      ½ c. Sliced Pickled Beet &amp; Onion Salad                      ½ c. Tossed Salad                      Italian Dressing                      2 sl. Whole Grain Bread                      ½ c. Mandarin Oranges                      8 oz. 1% Low Fat Milk</p>				

					March 1
WEEK 4	<p>March 2019</p> 				<p><b>3 oz. Sliced Turkey w/ Gravy</b>                      ½ c. Lima Beans                      ½ c. Carrots                      ½ c. Cornbread Stuffing                      ½ c. Cranberry Apples                      8 oz. 1% Low Fat Milk</p>
					<p>March 4</p> <p>8 oz. <b><u>Chicken Broccoli Alfredo</u></b>                      ½ c. Flat Beans                      ½ c. Carrot Coins                      1 sl. Whole Wheat Bread                      Margarine Cup                      ½ c. Mixed Fruit                      8 oz. 1% Low Fat Milk</p>
WEEK 2	<p>March 11</p> <p><b>8 oz. White Chicken Chili</b>                      ½ c. Brown Rice                      ½ c. Yellow Corn                      ½ c. Peaches                      8 oz. 1% Low Fat Milk</p>	<p>March 12</p> <p><b>8 oz. Spaghetti and Meat Sauce</b> (3 M/MA, 1 G/B)                      ½ c. Tossed Salad                      ½ c. Italian Vegetable Medley                      French Dressing                      1 Chocolate Chip Cookie                      8 oz. 1% Low Fat Milk</p>	<p>March 13</p> <p><b>4 oz. Turkey Salad</b>                      ½ c. Tomato Cucumber Salad                      ½ c. Three Bean Salad                      1 Sl. White Bread                      Margarine Cup                      ½ c. Citrus Fruit Salad                      8 oz. 1% Low Fat Milk</p>	<p>March 14</p> <p><b>3 oz. Flame Broiled Beef Patty</b>                      ½ c. Mixed Vegetables                      ¼ c. Baked Beans                      1 Whole Grain Hamburger Bun                      1 pk. ea. Ketchup/ Mustard                      ½ c. Pears                      8 oz. 1% Low Fat Milk</p>	<p>March 15</p> <p>8 oz. Irish Beef Stew                      ½ c. Steamed Cabbage &amp; Carrots                      ½ c. Applesauce                      1 Corn Muffin                      Margarine Cup                      St Pat's Day Dessert                      8 oz. 1% Low Fat Milk  <b>ST. PATRICK'S DAY CELEBRATION</b></p>
		<p>March 18</p> <p><b>3 oz. Chicken Sausage Links (2 each)</b>                      ½ c. Cheese Grits                      ½ c. Stewed Tomatoes                      1 Corn Muffin                      ½ c. Pineapple                      8 oz. 1% Low Fat Milk</p>	<p>March 19</p> <p><b>3 oz. NY Charbroiled Beef Strip w/ Marsala Sauce</b>                      ½ c. Mashed Potato                      ½ c. Green Beans                      1 sl. Whole Grain Bread                      ½ c. Chocolate Pudding                      8 oz. 1% Low Fat Milk</p>	<p>March 20</p> <p><b>3 oz. Chicken Parmesan over</b>                      ½ c. Rotini Noodles                      ½ c. Marinara                      ½ c. Tuscan Blend Vegetables (squash, mixed vegetables)                      1 Dinner Roll                      Mini Moon Pie                      8 oz. 1% Low Fat Milk</p>	<p>March 21</p> <p><b>4 oz. Egg Salad</b>                      ½ c. Diced Tomato Relish                      ½ c. Marinated Broccoli Salad                      1 sl. Whole Grain Bread                      Fresh Orange                      8 oz. 1% Low Fat Milk</p>
WEEK 3	<p>March 25</p> <p>8 oz. <b><u>Sliced Smoked Sausage and BBQ Red Beans</u></b>                      ½ c. California Blend Vegetables                      ½ c. Green Beans                      1 Corn Muffin                      ½ c. Peaches                      8 oz. 1% Low Fat Milk</p>	<p>March 26</p> <p><b>3 oz. Sliced Roast Pork w/ Gravy</b>                      ½ c. Mixed Greens                      ½ c. Black Eyed Peas                      1 Corn Muffin/ Margarine Cup                      1 Fresh Fruit –Banana                      8 oz. 1% Low Fat Milk</p>	<p>March 27</p> <p><b>4 oz. Creamed Chicken Casserole</b>                      ½ c. Mixed Vegetables                      ½ c. Rutabagas                      1 Whole Grain Dinner Roll                      Margarine Cup                      ½ c. Applesauce                      8 oz. 1% Low Fat Milk</p>	<p>March 28</p> <p>4 oz. <b><u>Tuna Salad</u></b>                      ½ c. Sliced Pickled Beet &amp; Onion Salad                      ½ c. Tossed Salad                      Italian Dressing                      2 sl. Whole Grain Bread                      ½ c. Mandarin Oranges                      8 oz. 1% Low Fat Milk</p>	<p>March 29</p> <p><b>3 oz. Sliced Turkey w/ Gravy</b>                      ½ c. Lima Beans                      ½ c. Carrots                      ½ c. Cornbread Stuffing                      ½ c. Cranberry Apples                      8 oz. 1% Low Fat Milk</p>
		<p>March 18</p> <p><b>3 oz. Chicken Sausage Links (2 each)</b>                      ½ c. Cheese Grits                      ½ c. Stewed Tomatoes                      1 Corn Muffin                      ½ c. Pineapple                      8 oz. 1% Low Fat Milk</p>	<p>March 19</p> <p><b>3 oz. NY Charbroiled Beef Strip w/ Marsala Sauce</b>                      ½ c. Mashed Potato                      ½ c. Green Beans                      1 sl. Whole Grain Bread                      ½ c. Chocolate Pudding                      8 oz. 1% Low Fat Milk</p>	<p>March 20</p> <p><b>3 oz. Chicken Parmesan over</b>                      ½ c. Rotini Noodles                      ½ c. Marinara                      ½ c. Tuscan Blend Vegetables (squash, mixed vegetables)                      1 Dinner Roll                      Mini Moon Pie                      8 oz. 1% Low Fat Milk</p>	<p>March 21</p> <p><b>4 oz. Egg Salad</b>                      ½ c. Diced Tomato Relish                      ½ c. Marinated Broccoli Salad                      1 sl. Whole Grain Bread                      Fresh Orange                      8 oz. 1% Low Fat Milk</p>
WEEK 4	<p>March 25</p> <p>8 oz. <b><u>Sliced Smoked Sausage and BBQ Red Beans</u></b>                      ½ c. California Blend Vegetables                      ½ c. Green Beans                      1 Corn Muffin                      ½ c. Peaches                      8 oz. 1% Low Fat Milk</p>	<p>March 26</p> <p><b>3 oz. Sliced Roast Pork w/ Gravy</b>                      ½ c. Mixed Greens                      ½ c. Black Eyed Peas                      1 Corn Muffin/ Margarine Cup                      1 Fresh Fruit –Banana                      8 oz. 1% Low Fat Milk</p>	<p>March 27</p> <p><b>4 oz. Creamed Chicken Casserole</b>                      ½ c. Mixed Vegetables                      ½ c. Rutabagas                      1 Whole Grain Dinner Roll                      Margarine Cup                      ½ c. Applesauce                      8 oz. 1% Low Fat Milk</p>	<p>March 28</p> <p>4 oz. <b><u>Tuna Salad</u></b>                      ½ c. Sliced Pickled Beet &amp; Onion Salad                      ½ c. Tossed Salad                      Italian Dressing                      2 sl. Whole Grain Bread                      ½ c. Mandarin Oranges                      8 oz. 1% Low Fat Milk</p>	<p>March 29</p> <p><b>3 oz. Sliced Turkey w/ Gravy</b>                      ½ c. Lima Beans                      ½ c. Carrots                      ½ c. Cornbread Stuffing                      ½ c. Cranberry Apples                      8 oz. 1% Low Fat Milk</p>

Approved By (Project Nutritionist): \_\_\_\_\_

Date: \_\_\_\_\_