

# January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1	2	3	4
1c Chili, 1/2c Fruit Cocktail, 1/2c Vanilla Ice Cream CM59F - S44	CLOSED NEW YEARS DAY	1 1/8c Beef & Noodles, 1/2c Parslied Carrots, 1/2c Pears, Cranberry Orange Bar 3-3D - BN6	Hot Beef Sandwich, 1/2c Mashed Potatoes & Gravy, 1/2c Green Beans & Carrots, 1/2c Peaches B4	3oz BBQ Chicken, Baked Potato, 1/2c Peas, 1/2c Pears CM72
7	8	9	10	11
3oz Breaded Baked Fish, 1/2c Parsley Potatoes, 1/2c Glazed Carrots, 3/4c Pudding w/Fruit AA10	3oz Hamburger w/Bun, 1/2c Tator Tots, 1/2c Baked Beans, 1/2c Pears B16	3oz Baked Chicken, 1/2c Mashed Potatoes & Gravy, 1/2c Harvard Beets, 1/2c Peaches B15	Swiss Steak w/onion & tomatoes, Baked Potato, 1/2c Oriental Blend Veggies, Fresh Fruit BB16	Chicken Enchiladas, 1/2c Baked Brown Rice, 1/2c Navy Bean Side Dish, 1/2c Carrots, 1/2c Mandarin Oranges CM52D - CH53
14	15	16	17	18
1 1/2c Goulash, 1/2c Fruity Slaw, Banana, Cookie 20-2 - HG2	Chicken Sandwich, 1c Spinach Salad w/Mandarin Oranges, Bread Pudding w/topping 10-1A - S23	Birthday Dinner	1c Oven Baked Beef Stew, 1/2c Peaches, Cranberry Orange Bar, Crackers 26-3 - S48	3oz Baked Ham, 1/2c Baked Sweet Potato, 1/2c Green Beans, 1/2c Tropical Fruit B7
21	22	23	24	25
Martin Luther King, Jr Day NO MEALS	1c Lasagna, 1/2c Parslied Carrots, 1/2c Berry Fruit Salad LA1	3oz Roast Pork, 1/2c Boiled Potatoes & Gravy, 1/2c Peas, 1/2c Jello w/Fruit & Whip Topping D9	Meat Salad Sandwich, 1 1/3c Cream of Broccoli Soup, Banana, V8 Juice 17-1A - S28	Beef Nachos w/Pinto Beans, 1/2c Bread Pudding, Orange CM59D - NB4
28	29	30	31	