


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>Martin Luther King, Jr. January 21</p>	<p>1 Diced Chicken/ Pesto Sauce Fettuccini Green Peas Tuscan Veggies</p> <p>Tuna Salad WW Bread Butter Raisins Tropical Fruit Milk</p>	<p>2 Stuffed Salmon/ Garlic Herb Sauce Butternut Squash Edamame</p> <p>Hard Cooked Eggs WW Bread Margarine Gelatin <u>Ls/Db: Diet Gelatin</u> Lentil and Car. Sld. P/A Tidbits Fr. Fruit / Milk</p>	<p>3 BBQ Pork Rib Patty Sweet Potatoes Succotash</p> <p>Chicken Salad Pita Bread Corn O'Brien Salad Fruit Juice Fresh Fruit Milk</p>	<p>4 Salisbury Steak Brown Gravy Whipped Potatoes Collard Greens Capri Veg. Blend</p> <p>Peanut Butter Jelly WW Bread Butter Tropical Fruit Fresh Fruit Milk</p>	<p>5 Baked Cod Loin/ Vera Cruz Sauce Herbed Rice Green Peas WK Corn</p> <p>Egg Salad WW Bread 5 Bean Salad Prunes Fresh Fruit Milk</p>	<p>6 Chicken Enchiladas Ranch Beans Summer Veggie Blend</p> <p>Swiss Cheese WW Bread Mayo Carrot Raisin Sld Fresh Fruit Milk</p>
<p>7 Cheese Tortellini/ Rstd Tom cilantro Sauce Capri Veggie Blend Swiss Chard PI. Greek Yogurt Oatmeal Swt. Pot.Oat Muffin Margarine Blueberries Cr. Pineapple Milk</p>	<p>8 Corned Beef Cabbage Parslied Potatoes Diced Carrots</p> <p>Hard Cooked Eggs Bagel/ Cr. Cheese Tossed Salad/ Drg Vanilla Pudding <u>(LS/DB – diet)</u> Fruit Juice Fresh Fruit Milk</p>	<p>9 Chicken Shawarma Creamy Yogurt Sce O'Brien Potatoes Garden Veg. Bld</p> <p>Tuna Macaroni Salad Crackers Pita Bread Green Pea Salad Tropical Fruit Fresh Fruit Milk</p>	<p>10 Potato Crusted Pollock Couscous WK Corn Brussels Sprouts</p> <p>Chicken Salad WW Bread Coleslaw Fruit Cocktail Fresh Fruit Milk</p>	<p>11 Pork Adobo Brown Rice Green Peas Asian Veggie Blend</p> <p>Peanut Butter Jelly <u>Ls/Db Diet Jelly</u> WW Bread Lentil & Car. Salad Raisins Fresh Fruit Milk</p>	<p>12 Baked Chicken/ Mediterranean Sce Quinoa Spinach</p> <p>Cheddar Cheese WW Bread Mayo Herbed Potato Sld P/A Tidbits Fresh Fruit Milk</p>	<p>13 Hawaiian Beef Meatballs Brown Rice Broccoli Capri Veg. Blend</p> <p>Egg Salad WW Bread Corn O'Brien Sld Fresh Fruit Tropical Fruit Milk,</p>
<p>14 Holiday Delivery Egg Patty Veggie Sausage Patty English Muffin Collard Greens</p>	<p>15 WW Spaghetti with Meat Sauce Whole Kernel Corn Capri Veg. Blend</p>	<p>16 Chicken/ Pollock Paella Succotash</p>	<p>17 Baked Chicken Breast/Jerk Sce. Cheesy Rice Mixed Vegetables</p>	<p>18 Beef Burgundy Oven Roasted Medley Potatoes Green Beans</p>	<p>19 Baked Chicken Breast/Garlic Herb Sauce Sweet Potatoes Green Peas</p>	<p>20 LS Turkey Breast/Poultry Gravy Yukon Potatoes Garden Veggie Blend</p>

<p>14 Monday Pl. Greek Yogurt Oatmeal Swt Pot Oat Muffin Margarine 5 Bean Salad Tropical Fruit Fresh Fruit Milk</p>	<p>15 Tuesday Cottage Cheese Bagel Cream Cheese</p> <p>Tropical Fruit Fresh Fruit Milk</p>	<p>16 Wednesday Chicken Salad WW Bread Chickpea Salad Pineapple Tidbits Fresh Fruit Milk</p>	<p>17 Thursday Tuna Salad WW Bread Mayo Potato Salad Gelatin <i><u>Ls/Db Diet Gelatin</u></i> Raisins Fresh Fruit Milk</p>	<p>18 Friday Egg Salad WW Bread Edamame & Corn Salad Fresh Fruit Tropical Fruit Milk,</p>	<p>19 Saturday Peanut Butter Jelly <i><u>Ls/Db Diet Jelly</u></i> WW Bread Coleslaw Fruit Juice Fresh Fruit Milk</p>	<p>20 Sunday Swiss Cheese WW Bread Mayo Corn O'Brien Sld Fruit Juice Fresh Fruit Milk</p>
<p>21 Martin Luther King Holiday Cheese Enchiladas/ Ranchero Sauce Italian Veg. Blend Plain Greek Yogurt Plain Oatmeal Swt Pot Oat Muffin Margarine Raisins Potato Salad Fresh Fruit Milk</p>	<p>22 Bourbon BBQ Beef Sweet Potatoes Green Beans</p> <p>Swiss Cheese WW Bread Mayo Calif. Veg. Salad Vanilla Pudding <i><u>Db/Ls- diet Pudding</u></i> Peaches Fresh Fruit/ Milk</p>	<p>23 Flounder/Lemon Caper Sauce Couscous Green Peas Country Veg. Blend</p> <p>Hard Cooked Eggs Bagel Cream Cheese Tossed Salad/ Drsg Fruit Juice Fresh Fruit Milk</p>	<p>24 Cuban Veggie Patty Plantains Capri Veg. Blend</p> <p>Cranberry Chicken Salad WW Bread Coleslaw Tropical Fruit Fresh Fruit Milk</p>	<p>25 Tandoori Chicken Curried Lentils Ca. Veggie Blend</p> <p>Peanut Butter Jelly <i><u>(Db/Ls: diet jelly)</u></i> WW Bread Carrot Raisin Salad Fresh Fruit Fruit Juice Milk</p>	<p>26 Pork Chili Verde Parslied Brown Rice Green Peas Diced Carrots</p> <p>Tuna Salad WW Bread Corn O'Brien Salad Tropical fruit Fresh Fruit Milk</p>	<p>27 Thai Chicken Curry Jasmine Rice Broccoli Cauliflower</p> <p>Egg Salad WW Bread Potato Salad Pineapple Tidbits Fresh Fruit Milk</p>
<p>28 Vegetable Frittata Curried Lentils Capri Veg. Blend Pl. Greek Yogurt Oatmeal Swt Pot Oat Muffin Margarine 5-Bean Salad Choco Pudding <i><u>(Db/Ls – diet.)</u></i> Fresh Fruit Raisins/ Milk</p>	<p>29 Chicken A La King Egg Noodles WK Corn Broccoli</p> <p>Swiss Cheese WW Bread Mayo Lentil & Car. Sld Fruit Juice Fresh Fruit/ Milk</p>	<p>30 Guatemalan Beef Stew Brown Rice Cal. Veg. Blend</p> <p>Peanut Butter Jelly (Db/Ls-diet) WW Bread Tossed Salad/ Dressing Tropical Fruit Fresh Fruit/ Milk</p>	<p>31 Baked Chicken Thigh/Honey Balsamic Vin Sce. O'Brien Potatoes Spinach</p> <p>Egg Salad WW Bread Green Pea Salad Sliced Apples Fresh Fruit Milk</p>	 <p>A colorful, bubbly graphic that says "Happy New Year!" in multi-colored letters (blue, red, purple, pink) with a large exclamation point. The text is surrounded by confetti and streamers.</p>		