



January 2022



MONDAY 3	TUESDAY 4*	WEDNESDAY 5*	THURSDAY 6*	FRIDAY 7
HERE'S WISHING YOU ALL A HAPPY AND HEALTHY NEW YEAR STAY SAFE ALL CENTERS CLOSED	Black Eyed Peas and Ham Steamed Carrots Green Chili Cheese Cornbread Margarine and Honey Fruit Juice	Baked Chicken Rice Pilaf Steamed Veggies WW Roll w/Margarine Fruit	Spinach Lasagna Steamed Veggies Garden Salad w/LF Dressing Breadstick Fruit (Meatless Meal)	Frito Pie Chuckwagon Corn Shredded Lettuce/Tomatoes Flour Tortilla Fruit Peanut Butter Cookie
MONDAY 10	TUESDAY 11*	WEDNESDAY 12	THURSDAY 13*	FRIDAY 14*
Sloppy Joe Sandwich Roasted Red Potatoes Steamed Broccoli Coleslaw Fruit	Breakfast for Lunch Ham, Egg and Cheese Muffin Steamed Spinach and Onions Breakfast Potatoes Fruit Juice	Hearty Cream of Chicken Soup W/ Potatoes and Veggies Garden Salad w/LF Dressing WW Roll w/Margarine Fruit	Homemade Chili w/Beef and Beans Shredded Cheese Flour Tortilla Fruit	RC Beef Smothered Burrito Chuckwagon Corn Spanish Rice Shredded Lettuce & Tomato Fruit
MONDAY 17	TUESDAY 18*	WEDNESDAY 19	THURSDAY 20*	FRIDAY 21*
MARTIN LUTHER KING JR DAY ALL CENTERS CLOSED HAVE A WONDERFUL DAY	GC Chicken Stew Pinto Beans Steamed Veggies Flour Tortilla Fruit	Chef's Salad w/Turkey, Ham, Tomato, Cheese & Egg Croutons Club Crackers Fruit Pudding	Baked Ziti w/Parm Cheese Steamed Veggies Garlic Breadstick Fruit Peanut Butter Cookie (Meatless Meal)	Hearty Beef Stew w/Potatoes, Celery, Carrots, and Onions Fresh Soda Bread w/Margarine Fruit
MONDAY 24*	TUESDAY 25*	WEDNESDAY 26*	THURSDAY 27*	FRIDAY 28
Salisbury Steak w/Mushroom Gravy Mashed Potatoes Steamed Cabbage Biscuit w/Margarine Fruit	Garlic/Ginger Chicken Steamed Rice Steamed Peas and Carrots Sweet Roll w/Margarine Fruit	Meatloaf Mashed Potatoes & Gravy Steamed Veggies Biscuit w/Margarine Fruit	Spaghetti w/Meatsauce Steamed Italian Veggies Creamy Cucumber Salad Garlic Breadstick Fruit	Fish Filet Sandwich Roasted Red Potatoes Steamed Peas Coleslaw Fruit
MONDAY 31*			1% Milk Served w/Each Meal Can Fruit in Light Syrup WW= Whole Wheat GC=Green Chili RC=Red Chili HM = Honey Mustard	

FINAL