



Monday	Tuesday	Wednesday	Thursday	Friday
3 Oven Fried Chicken Thigh Whipped Sweet Potatoes Chopped Collard Greens Diced Pears Milk	4 Chicken Parmesan Mixed Vegetables Applesauce Corn Bread Milk	5 Country Fried Steak w/Gravy Spinach Baked Potato w/Smart Balance Tropical Fruit Milk	6 Grilled Chicken w/Salsa & Cheese Black Beans Diced Carrots Corn Muffin Mandarin Oranges Milk	7 Sloppy Joe Roasted Sweet Potatoes Brussels Sprouts w/Onions Wheat Bread Pineapple Milk
10 Salisbury Steak Mac & Cheese Festive Green Beans Diced Pears Wheat Bread Milk	11 Braised Beef Over Egg Noodles Mixed Greens Diced Carrots Wheat Roll Applesauce Milk	12 Pollock Amandine Spinach Scalloped Potatoes Diced Peaches Wheat Bread Milk	13 Pot Roast w/Gravy Broccoli Mashed Potatoes Wheat Bread Orange Juice Milk	14 Vegetable Lasagna Diced Carrots Lima Beans Wheat Dinner Roll Pineapple Milk
17- Happy Martin Luther King Jr. Day! Chicken & White Bean Chili Corn Brussels Sprouts Corn Bread Mixed Fruit Milk	18 Pot Roast w/Gravy Key West Blend Mashed Potatoes Wheat Bread Strawberry Apple sauce Milk	19 Spaghetti/meatballs Parmesan Cheese California Veg Blend Italian Cut Green Beans Mandarin Orange Milk	20 Beef Stew Cut Corn Turnip Greens Wheat Bread Diced Peaches Milk	21 Southwest Omelet w/Cheese & Salsa Shredded Wheat Hash Browns Mixed Fruit Cup Milk
24 Chicken Parmesan Key West Blend Mashed Potatoes Wheat Bread Stewed Apples w/Cherries & Almonds Milk	25 Breakfast Bagel w/ Sausage Egg & Cheese Roasted Sweet Potatoes Sliced Apples Milk	26 Country Ham & Beans Diced Carrots Diced Beets Corn Bread Diced Peaches Milk	27 Chicken & Noodles Rosemary Potatoes Broccoli Wheat Dinner Roll Diced Pears Milk	28 Potato Pollock Tartar Sauce Peas & Corn Collard Greens Wheat Bread Tropical Fruit Milk
31 Meatloaf w/Gravy Brussels sprouts Mashed Potatoes Mandarin Oranges Birthday Cake Milk				



Monday	Tuesday	Wednesday	Thursday	Friday
3 Oven Fried Chicken 829 Calories 45 g Fat 7 g Fiber 571 mg Calcium 982 mg Sodium 72 mg Carbohydrate	4 Indiana Chili Mac 679 Calories 23 g Fat 9 g Fiber 435 mg Calcium 647 mg Sodium 91 mg Carbohydrate	5 Country Fried Steak 736 Calories 28 g Fat 5 g Fiber 445 mg Calcium 1004 mg Sodium 93 mg Carbohydrate	6 Grilled Chicken w/ Salsa & Cheese 688 Calories 16 g Fat 9 g Fiber 583 mg Calcium 839 mg Sodium 91 g Carbohydrate	7 Sloppy Joe Meal 630 Calories 19 g Fat 12 g Fiber 439 mg Calcium 895 mg Sodium 88 g Carbohydrate
10 Hamburger Meal 727 Calories 10 g Fat 7 g Fiber 586 mg Calcium 1031 mg Sodium 93 g Carbohydrate	11 Braised Beef Meal 569 Calories 19 g Fat 6 g Fiber 586 mg Calcium 674 mg Sodium 64 g Carbohydrate	12 Pollock Meal 658 Calories 27 g Fat 6 g Fiber 537 mg Calcium 834 mg Sodium 62 g Carbohydrate	13 Pot Roast Meal 526 Calories 15 g Fat 6 g Fiber 389 mg Calcium 549 mg Sodium 66 g Carbohydrate	14 Vegetable Lasgna 697 Calories 17 g Fat 13 g Fiber 627 mg Calcium 646 mg Sodium 100 g Carbohydrate
17 Chicken & Bean Chili 695 Calories 17 g Fat 11 g Fiber 521 mg Calcium 450 mg Sodium 100 g Carbohydrate	18 Pot Roast Meal 511 Calories 15 g Fat 5 g Fiber 372 mg Calcium 560 mg Sodium 66 g Carbohydrate	19 Spaghetti Meal 670 Calories 22 g Fat 11 g Fiber 489 mg Calcium 434 mg Sodium 90 g Carbohydrate	20 Beef Stew Meal 522 Calories 10 g Fat 8 g Fiber 528 mg Calcium 710 mg Sodium 77 g Carbohydrate	21 Omelet Meal 655 Calories 22 g Fat 7 g Fiber 561 mg Calcium 1126 mg Sodium 82 g Carbohydrate
24 Chicken Parmesan Meal 549 Calories 18 g Fat 7 g Fiber 443 mg Calcium 739 mg Sodium 74 g Carbohydrate	25 Breakfast Bagel Meal 696 Calories 30 g Fat 9 g Fiber 594 mg Calcium 749 mg Sodium 73 g Carbohydrate	26 Ham & Beans Meal 667 Calories 12 g Fat 17 g Fiber 481 mg Calcium 820 mg Sodium 106 g Carbohydrate	27 Chicken & Noodle Meal 628 Calories 12 g Fat 10 g Fiber 394 mg Calcium 644 mg Sodium 93 g Carbohydrate	28 Pollock Meal 620 Calories 21 g Fat 8 g Fiber 560 mg Calcium 864 mg Sodium 81 g Carbohydrate
31 Meatloaf Meal 791 Calories 24 g Fat 7 g Fiber 407 mg Calcium 901 mg Sodium 96 g Carbohydrate				

*The nutrition information listed above is for the entire meal on the calendar