

SERVING SIZES

Grains – 2 ounces

Vegetables – ½ cup

Fruits – ½ cup

Protein – 3 ounces

Dairy – 1 cup

January 2024

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

1 Closed HAPPY NEW YEAR	2 Shepard's Pie Mashed Potatoes Roll	3 Open Turkey Sandwich Cole Slaw Potato Wedge WW Bread Fruit	4 Chicken Cacciatore Roasted Potatoes Green Beans Roll	5 Potato Crusted Fish Mixed Vegetables Spanish Rice Roll Pineapple Chunks
8 Honey Glazed Chicken Roasted Potatoes Baby Carrots w/ Green Beans Roll	9 Lasagna Roll up w/Meat Sauce Waxed Beans Garlic Bread	10 Sloppy Joe Macaroni Salad Broccoli Roll Sliced Pears	11 Pork Roast w/ Gravy Rice Pilaf Mixed Vegetables WW Roll Sliced Peaches	12 Swedish Meatballs Mashed Potatoes Peas & Onions Roll
15 Closed	16 Baked Tuscan Chicken Rice Pilaf Zucchini w/ Tomatoes WW Roll	17 American Chop Suey Wax & Green Beans WW Roll Fresh Fruit	18 Slow-cooked Pulled Pork Roasted Sweet Potatoes Roasted Vegetables Roll	19 Meatball Sandwich Cole Slaw Pasta Salad w/ Veggies WW Roll Tropical Fruit
22 Baked Rigatoni w/ Meatballs Green Beans w/ Stewed Tomatoes Garlic bread Fresh Fruit	23 Chicken Teriyaki Fried Rice Snow Peas WW Roll	24 Stuffed Shells & Meatball Mixed Vegetables WW Roll Fruit	25 Pot Roast w/ Gravy Green Beans Mashed Potatoes Roll	26 Pub Burger w/ Cheese Chips Roll Potato Salad
29 Grilled Sweet Chicken Breast Florentine Rice Corn, Peas & Carrots Roll	30 Fresh Fruit Beef Stew Tossed Salad Roll	31 Sweet & Sour Pork Vegetable Fried Rice Mixed Vegetables Tropical Fruit / Roll		

