







# January 2009

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Monday	Tuesday	Wednesday	Thursday	Friday
		<b>LS Alt = Low sodium Alternate (Must be ordered ahead)</b>	<b>1 New Year's Day Closed</b> 	<b>2 <u>New Year's Special</u></b> Baked Ham <b>(Chicken Breast-LS Alt)</b> Black-eyed Peas and Rice Long-Braised Greens Golden Cornbread Baked Apple Chilled Grape Juice
<b>5</b> Cheesy Omelet Hash Browns Sliced Tomato Flaky Biscuit Saucy Prunes and Peaches	<b>6 <u>Three Kings Day/Epiphany</u></b> Chicken Fajitas Venetian Blend Tropical Fruit Salad Rosca de Reyes (Three Kings Bread)	<b>7</b> Pork with Apple Sauerkraut Glazed Carrots Brussels Sprouts Rye Bread Graham Crackers 	<b>8</b> Beef Pot Roast Baked Potato with Sour Cream Steamed Broccoli Whole Wheat Roll Fruit Cocktail Blend	<b>9</b> Luscious Lasagna Green Beans Tossed Salad Warm Garlic Bread Pears
<b>12 <u>Winter Festival</u></b> Chili Mac Lima Beans Winter Blend Vegetables Whole Wheat Bread Alpine Snowflake Fruit 	<b>13</b> Roasted Pork Chop Cornbread Dressing Creamy Coleslaw Harvard Beets Whole Wheat Bread Mandarin Oranges	<b>14</b> Old-Fashion Meatloaf Mashed Potatoes/Brown Gravy Seasoned Mixed Vegetables Whole Wheat Roll Fresh Grapes	<b>15 <u>National Soup Month</u></b> Chicken Noodle Soup Grilled Cheddar Cheese Sandwich (HDM=Turkey and Cheddar Sandwich) Celery Sticks Baby Carrots Fresh Orange	<b>16</b> Turkey Pot Pie Creamy Mashed Potatoes & Gravy Pineapple and Cottage Cheese Blueberry Muffin V-8 Juice
<b>19 Martin Luther King, Jr. Day</b> <b>CLOSED</b> 	<b>20 <u>Honor Martin Luther King, Jr. Day</u></b> Oven-Fried Parmesan Chicken Okra & Stewed Tomatoes Baked Sweet Potato Whole Wheat Bread Orange Juice Cookies	<b>21</b> City Chicken Key West Blend Vegetables Succulent Spaghetti Squash with Parsley and Garlic Buttermilk Biscuit Sunshine Salad	<b>22</b> Salmon Patty with Creamed <b>(alt Swiss Steak)</b> Peas and Onions Wild Rice Roasted Cauliflower Multigrain Bread Apple Sauce 	<b>23 <u>Australia Day</u></b> Australian Sausage Casserole <b>(Turkey Casserole-LS Alt)</b> Kangaroo (Beef and Barley) Soup Three Bean Salad Exotic Fruit Rice Krispy Treats
<b>26 <u>Chinese New Year</u></b> Stir-Fry Chicken and Veggies Over Sticky Rice Steamed Bok Choy Cabbage Pork Dumplings Mandarin Oranges	<b>27</b> Herbed Beef and Onions Green Beans Carrots with Onions Whole Wheat Roll Spicy Fruit Cup	<b>28</b> Breaded Cod <b>(alt Swiss Steak)</b> Venetian Blend Vegetables Lemon and Herb Penne Italian Bread Pineapple Tidbits Bday Cake OH	<b>29</b> Baked Veal Patty Cream of Vegetable Soup Mixed Green Salad Whole Wheat Bread Spicy Pear Halves Bday Danbury, PC & Elmore	<b>30 <u>Super Bowl/B-day Bash</u></b> Beef Tips Over Buttered Noodles Brussels Sprouts Whole Wheat Bread Apricots Birthday Cake, Genoa, HDM