
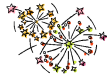


<p>January 2018</p> 	<p>MONDAY 1 Observed New Year's Holiday Closed</p> 	<p>TUESDAY 2 Chicken Strips Tater Tots Beets Wheat Bread Purple Plums Milk</p>	<p>WEDNESDAY 3 Meat Loaf Mash. Pot./gravy Corn Wheat Roll Fruit Cocktail Milk</p>	<p>THURSDAY 4 Baked Pork Chop Rice Pilaf Mixed Vegetables Wheat Bread Applesauce Milk</p>	<p>FRIDAY 5 Chicken Alfredo Noodles Brussels Sprouts French Bread Apricots Milk</p>	<p>SATURDAY 6</p>
<p>Recommended Serving Sizes 3 oz. meat ½ cup of vegetables ½ cup of fruit 2 servings of bread or complex carbohydrate 1 cup of 2% milk</p>	<p>MONDAY 8 Swedish Meatballs Noodles Asparagus Wheat Roll Mandarin Oranges Milk</p>	<p>TUESDAY 9 White Bean Chicken Chili Tossed Salad Cinnamon Roll Peaches Milk</p>	<p>WEDNESDAY 10 Beef Fajita Flour Tortilla Steamed Rice Broccoli Cherries Milk</p>	<p>THURSDAY 11 Hot Turkey Sand. Mash. Pot./gravy Mixed Vegetables Strawberries Milk</p>	<p>FRIDAY 12 Tuna Casserole Green Beans Wheat Roll Apricots Brownie Milk</p>	<p>SATURDAY 13</p>
<p>Bingo 1/02& 16</p>	<p>MONDAY 15 Shepherd's Pie Spinach Wheat Bread Cinnamon Apples Milk</p>	<p>TUESDAY 16 Tomato Soup Ham/Cheese Sand. Pickle Fruit Cocktail Choc. Chip Cookie Milk</p>	<p>WEDNESDAY 17 Chicken Enchilada Spanish Rice Zucchini Pear Crisp Milk</p>	<p>THURSDAY 18 Sausage Egg Bake Hash Browns Green Beans Wheat Bread Pineapple Tidbits Milk</p>	<p>FRIDAY 19 Chicken Fried Steak Mash. Pot./gravy Carrots Wheat Roll Peaches Yellow Cake Milk</p>	<p>SATURDAY 20</p>
<p>Birthdays 1/27 Ken S.</p>	<p>MONDAY 22 Sloppy Jo French Fries Coleslaw Pineapple Upside Down Cake Milk</p>	<p>TUESDAY 23 Beef Roast Mash. Pot./gravy Squash Blend Wheat Roll Mandarin Oranges Spice Cake Milk</p>	<p>WEDNESDAY 24 Chili Cheese/onion Tossed Salad Corn Bread Strawberries Milk</p>	<p>THURSDAY 25 Pork Roast Sweet Potato Cauliflower Wheat Roll Orange Whip Milk</p>	<p>FRIDAY 26 Baked Fish Wild Rice Blend Creamed Peas Wheat Roll Fruited Jell-O Whipped Topping Milk</p>	<p>SATURDAY 27</p>
	<p>MONDAY 29 Beef Tacos Tomato, lettuce, cheese Refried Beans Corn Pears Milk</p>	<p>TUESDAY 30 Oven Chicken Mash. Pot./gravy Mixed Vegetables Wheat Roll Cherries Milk</p>	<p>WEDNESDAY 31 Spaghetti/Meat sauce Tossed Salad Garlic Bread Citrus Fruit Milk</p>			