




Nutrition Menu

Nellie Sawyer, Manager



Jan-21

Office Hours: 9am-1pm 426-8309

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
Curbside Meal Lunch Pickup at 11:30am Milk is Served with Each Meal					 1	2					
3	Cheeseburger w/bun Baked Beans Baked Cinnamon Apples Cake	4	Ham & Cheese Sub Tossed Salad Fruit Cocktail Spice Cake	5	Meatloaf w/red sauce Lima Beans Brown Rice Pineapple Wheat Bread or Roll	6	Chicken Salad Beets Pasta Salad Crackers Orange Juice Angel Cake	7	Baked Turkey w/gravy Carrots Cranberry Sauce Bread Stuffing Brown Rice Pudding	8	9
10	Spaghetti w/meat sauce California Blend Vegetables Baked Spiced Apples Garlic Bread Pudding	11	Roast Beef & Cheese Sub Tossed Salad Fruit Cocktail Cake	12	BBQ Sandwich Coleslaw Fresh Fruit Buttered Potatoes Graham Crackers	13	Tuna Salad w/lettuce Pickled Beets Pasta Salad Orange Juice Crackers Cake	14	Beef Tips w/gravy Sautéed Spinach Brown Rice Peaches Wheat Roll	15	16
17	MARTIN LUTHER KING JR. <i>Day</i> Closed 	18	Chicken Salad with Lettuce Three Bean Salad Macaroni Salad Crackers Orange Cookie	19	Baked Ham Cabbage Sweet Potatoes w/marshmallows Pears Wheat Roll or Bread	20	Turkey Sub w/cheese Tossed Salad Fruit Cocktail Cake	21	Oven Fried Chicken Breast Garden Peas Buttered Potatoes Pears Wheat Roll	22	23
24	Sausage w/peppers Carrots Roasted Potatoes Roll Peach Cobbler	25	Chicken Wrap w/cheese Cucumber & Tomato Salad Macaroni Salad Peaches Pudding	26	Chili w/Beef and Beans Broccoli Baked Potato Orange Juice Jello	27	Chef Salad with Ham & Cheese Strawberries Potato Salad Crackers Cookie	28	Baked Pork Chop Collards Potatoes Au Gratin or Scalloped Fruit Crisp Roll	29	30
31										Donations are Needed, Accepted and Appreciated!	