

Nutrition Menu

Jenny Coppersmith, Manager

252-426-8309



January 2022

Office Hours: 9am-1pm



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch is Served at 11:30am Milk is Served With Each Meal						1
2 Cheeseburger Baked Beans Baked Apples Cake	3 Ham & Cheese Sub Tossed Salad Pineapple Juice Spice Cake	4 Meatloaf Greenbeans Mac & Cheese Pineapple Chunks Roll	5 Chicken Salad Broccoli Pasta Salad Crackers Orange Juice Cake	6 Baked Turkey Carrots Cranberry Sauce Bread Stuffing Brown Rice Gravy Pudding	7 Beef Tips w/Gravy Sautéed Spinach Brown Rice Peaches Roll	8 The Cold Meal for the 18th Will be provided on Jan 14th
9 Spaghetti w/ Meat Sauce California Blend Vegetables Baked Apples Garlic Bread Pudding	10 Roast Beef Sub w/cheese Tossed Salad Fruit Cocktail Cake	11 BBQ Sandwich Buttered Potatoes Coleslaw Fresh Fruit Cookie	12 Tuna Salad w/Lettuce Pears Pasta Salad Orange Juice Crackers Cake	13 Oven Fried Chicken Garden Peas Buttered Potato Pears Roll Cookie	14 Baked Pork Chop Collards Potatoes Au Gratin Fruit Crisp Roll	15
16 	17 Chicken Salad w/Lettuce&Tomato Three Bean Salad Macaroni Salad Fresh Orange Crackers Jello	18 Baked Ham Cabbage Sweet Potato w/marshmallows Pears Roll	19 Turkey Sandwich w/cheese Tossed Salad Fruit Cocktail Cake	20 Baked Turkey Carrots Cranberry Sauce Bread Stuffing Brown Rice Gravy Pudding	21 Baked Turkey Carrots Cranberry Sauce Bread Stuffing Brown Rice Gravy Pudding	22
23 Sausage & Peppers Carrots Roasted Potatoes Roll Peach Cobbler	24 Chicken Wrap w/cheese Cucumber, Onion & Tomato Salad Pasta Salad Peaches Pudding w/Topping	25 Chili w/Beef & Beans Baked Potato Orange Juice Corn Bread Muffin Jello	26 Chef Salad w/ Ham & Cheese Potato Salad Strawberries Crackers Butter Cookie	27 Baked Turkey Carrots Cranberry Sauce Bread Stuffing Brown Rice Gravy Pudding	28 Baked Turkey Carrots Cranberry Sauce Bread Stuffing Brown Rice Gravy Pudding	29
30 Cheeseburger Baked Beans Baked Apples Cake	31 Cheeseburger Baked Beans Baked Apples Cake					30 Donations Are Needed, Accepted and Appreciated!