

JANUARY 2025



MAKE YOUR LUNCH RESERVATIONS
AT LEAST ONE BUSINESS DAY
IN ADVANCE!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| | | 1/1 | 1/2 | 1/3 |
| | | NEW YEAR'S DAY | NEW YEAR'S LUNCH Oven Roasted Chicken Lyonnaise Potatoes <u>Italian Vegetables</u> Whole Wheat Roll w/Butter C Fresh Orange Sherbet | Pork Loin w/Creamy Dijon Sauce C Garlic Whipped Potatoes <u>Mixed Vegetables</u> Whole Wheat Roll w/Butter C Citrus Fruit |
| 1/6 | 1/7 | 1/8 | 1/9 | 1/10 |
| Greek Chicken Brown Rice C Brussels Sprouts Tomato, Cucumber, & Feta Salad C Fresh Orange Brownie | BURGER BASH Hamburger w/Lettuce, Tomato, Onion, Ketchup, and Mayonnaise on a Whole Grain Bun <u>Diced Sweet Potatoes</u> C Coleslaw Fresh Apple | Breaded Fish Sandwich w/Cheese & Tartar Sauce on a Whole Grain Bun Carrot Cream Soup <u>Bean Medley</u> C Mandarin Oranges | Sweet & Sour Pork Brown Rice Green Beans <u>Carrot Raisin Salad</u> C Citrus Fruit | Spaghetti w/Turkey Meat Sauce Minestrone Soup Green Peas C Applesauce |
| 1/13 | 1/14 | 1/15 | 1/16 | 1/17 |
| Beef Stroganoff w/Whole Grain Penne C California Vegetables Chuckwagon Corn Seasonal Fresh Fruit | BBQ Pork Rib Patty <u>Candied Yams</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter Fresh Banana Brownie | Chicken w/Pineapple Glaze Brown Rice Hawaiian Macaroni Salad <u>Peas & Carrots</u> C Fresh Orange | Baked Tilapia w/Creamy Florentine Sauce Cream of Mushroom Soup Confetti Brown Rice <u>Bean Medley</u> C Applesauce | Cranberry Chicken Salad Sandwich w/Shredded Lettuce on Whole Grain Bread Barley Vegetable Soup <u>Carrot Raisin Salad</u> C Fresh Orange |
| 1/20 | 1/21 | 1/22 | 1/23 | 1/24 |
| MARTIN LUTHER KING DAY | Breaded Fish Sandwich w/Shredded Lettuce and Tartar Sauce on a Whole Grain Bun Corn Chowder <u>Carrot Slaw</u> C Mandarin Oranges | Lemongrass Pork Asian Noodle Soup Confetti Brown Rice C Steamed Cabbage Seasonal Fresh Fruit Cookie | Parmesan Chicken Whole Grain Rotini w/Marinara Sauce <u>Spinach</u> C Cauliflower Seasonal Fresh Fruit | Meatloaf w/Gravy C Mashed Potatoes Green Peas Whole Wheat Roll w/Butter C Tropical Fruit |
| 1/27 | 1/28 | 1/29 | 1/30 | 1/31 |
| Kalua Pork Brown Rice C Brussels Sprouts <u>Carrot Raisin Salad</u> C Applesauce | Sloppy Joe Whole Grain Bun Whole Kernel Corn <u>Carrots</u> C Tropical Fruit | Cheese Omelet w/Shredded Cheese and Salsa Diced Red Potatoes <u>Spinach</u> Whole Grain Bagel w/Butter C Mandarin Oranges | LUNAR NEW YEAR Sesame Chicken Whole Grain Sesame Pasta Egg Drop Soup <u>Bean Medley</u> C Fresh Orange Fortune Cookie | Swedish Meatballs Whole Grain Penne Pasta Butternut Squash Soup <u>Scandinavian Vegetables</u> C Citrus Fruit |

All meals served with low-fat milk.

2 DAILY ALTERNATIVE ENTRÉE CHOICES:
VEGETARIAN OR FEATURED ENTRÉE SALAD
(CHICKEN CAESAR).

— Vitamin A
C Vitamin C

+ Higher in sodium