






*All rolls and pastas are whole grain unless otherwise stated. All meals served w/milk or yogurt. All juice is 100% fruit juice.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<div>1)</div> <div><b>NEW YEAR'S DAY</b></div> <div><b>CLOSED</b></div>	<div>2)</div> <div><b>HOT:</b> Chicken Fajitas w/ Peppers, Spanish Rice, Black Beans &amp; Corn, Mexican Zucchini, Tortilla, Yogurt, Juice</div> <div><b>COLD:</b> Roast Beef &amp; American Cheese, Mustard, Mayo, Cole Slaw, Marinated Broccoli, Sandwich Roll, Yogurt, Juice</div> <div><b>VEG:</b> Vegan Chick'n Fajitas w/ Peppers, Spanish Rice, Black Beans &amp; Corn, Mexican Zucchini, Tortilla, Yogurt, Juice</div>
<div>5)</div> <div> <b>HOT:</b> Pork Tenderloin w/ Gravy, Mashed Potatoes, Sauteed Kale w/ Onions, Mixed Veggies, Roll, Butter, Milk, Orange</div> <div><b>COLD:</b> Turkey Breast &amp; Pepper Jack, Sandwich Bread, Mustard, Mayo, Sliced Beets, Potato Salad, Milk, Orange</div> <div><b>VEG:</b> Teriyaki Tofu, Mashed Potatoes, Sauteed Kale w/ Onions, Mixed Veggies, Roll, Butter, Milk, Orange</div>	<div>6)</div> <div><b>HOT:</b> Fish Tacos w/ Salmon &amp; Salsa, Spanish Rice, Black Beans, Green Salad, Tortilla, Yogurt, Juice</div> <div><b>COLD:</b> Chicken Salad, Spinach Salad w/ Grapes &amp; Feta, Corn &amp; Pepper Salad, Pita Bread, Yogurt, Juice</div> <div><b>VEG:</b> Marinated Tofu Tacos &amp; Salsa, Spanish Rice, Black Beans, Green Salad, Tortilla, Yogurt, Juice</div>	<div>7)</div> <div><b>HOT:</b> Roast Chicken Thigh, Baby Baked Potatoes, Italian Mixed Veggies, Caesar Salad, Roll, Butter, Milk, Fruit Cocktail</div> <div><b>COLD:</b> Dilled Egg Salad, Sandwich Bun, Caesar Salad, Cole Slaw, Milk, Fruit Cocktail</div> <div><b>VEG:</b> Gnocchi w/ Chickpeas &amp; Bechamel Sauce, Italian Mixed Veggies, Caesar Salad, Roll, Butter, Milk, Fruit Cocktail</div>	<div>8)</div> <div><b>HOT:</b> Salisbury Steak w/ Gravy, Mashed Potatoes, Cucumber &amp; Onion Salad, Sauteed Mushrooms w/ onions, Parker House Roll, Butter, Yogurt, Juice</div> <div><b>COLD:</b> Herb Roasted Chicken Legs, Potato Salad, 3-Bean Salad, Parker House Roll, Butter, Yogurt, Juice</div> <div><b>VEG:</b> Veggie, Cheese, &amp; Lentil Stuffed Pepper, Mashed Potatoes, Cucumber &amp; Onion Salad, Sauteed Mushrooms w/ onions, Parker House Roll, Butter, Yogurt, Juice</div>	<div>9)</div> <div><b>HOT:</b> Chicken Marsala, Rice Pilaf, Broccoli, Succotash, Parker House Roll, Milk, Diced Peaches</div> <div><b>COLD:</b> Baked Salmon Salad, Hard Boiled Egg, Arcadian Blend Green Salad, Pita, Milk, Diced Peaches</div> <div><b>VEG:</b> Chicken Marsala, Rice Pilaf, Broccoli, Succotash, Parker House Roll, Milk, Diced Peaches</div>

<p><b>12)</b> <b>HOT:</b> Terriyaki Chicken Legs, Brown Rice, Sauteed Kale w/ Tomato &amp; Onion, Stir Fry Veggies, Cornbread, Milk, Apple</p> <p><b>COLD:</b> Egg Salad Plate, Cous Cous Salad, Green Bean Salad, Cole Slaw, Cornbread, Milk, Apple</p> <p><b>VEG:</b> Terriyaki Vegan Chick'n Breast, Ketchup, Brown Rice, Sauteed Kale w/ Tomato &amp; Onion, Stir Fry Veggies, Cornbread, Milk, Apple</p>	<p><b>13)</b> <b>HOT:</b> BBQ Pulled Beef, Bun, BBQ Sauce, Baby Baked Potatoes, Cole Slaw, Sliced Carrots. Yogurt, Juice</p> <p><b>COLD:</b> Tuna Salad Stuffed Tomato, Pita, Potato Salad, Cucumber Salad, Sliced Beets, Yogurt, Juice</p> <p><b>VEG:</b> Vegan_BBQ Pulled Beef, Bun, BQQ Sauce Baby Baked Potatoes, Cole Slaw, Sliced Carrots. Yogurt, Juice</p>	<p><b>14)</b> <b>HOT:</b> Chicken Parmesan, Spaghetti w/ Sauce, Italian Veggies, Marinated Broccoli, Garlic Roll, Milk, Orange</p> <p> <b>COLD:</b> Ham &amp; Swiss, Bread, Mustard &amp; Mayo, 3-Bean Salad, Marinated Broccoli, Sliced Carrots, Milk, Orange</p> <p><b>VEG:</b> Vegan Chick'n Parmesan, Spaghetti w/ Sauce, Italian Veggies, Marinated Broccoli, Garlic Roll, Milk, Orange</p> <p><b>***BIRTHDAY CUPCAKE***</b></p>	<p><b>15)</b> <b>HOT:</b> Beef Chill w/ Beans, Baby Potatoes, Green Salad, Cornbread, Butter, Yogurt. Juice</p> <p><b>COLD:</b> Salmon Pasta Salad, Cucumber Salad, Sliced Beets, Cornbread, Yogurt, Juice</p> <p><b>VEG:</b> Veggie Chill w/ Beans, Baby Potatoes, Green Salad, Cornbread, Butter, Yogurt. Juice</p>	<p><b>16)</b> <b>HOT:</b> Lemon Pepper Flounder w/ Penne Pasta &amp; White Sauce, Sauteed Kale, Cauliflower, Roll, Butter, Milk, Pear</p> <p><b>COLD:</b> Grilled Chicken Strips, BBQ Sauce, Caesar Salad, Carrot Raisin Salad, Cornbread, Butter, Milk. Pear</p> <p><b>VEG:</b> Vegan Meat Balls w/ Penne Pasta &amp; White Sauce, Sauteed Kale, Cauliflower, Roll, Butter, Milk, Pear</p>
<p><b>19)</b> <b>MLK DAY CLOSED</b></p> 	<p><b>20)</b> <b>HOT:</b> No Salt Old Bay Flounder w/ Lemon Dill Sauce, Rice Pilaf, Sliced Carrots, Mashed Cauliflower, Yogurt, Juice</p> <p><b>COLD:</b> Pesto Chicken Salad, Pasta Salad, Marinated Tomato Salad, Sliced Carrots, Roll, Butter, Yogurt, Juice</p> <p><b>VEG:</b> Tofu &amp; Black Bean Sauce, Rice Pilaf, Sliced Carrots, Mashed Cauliflower, Yogurt, Juice</p>	<p><b>21)</b>  <b>HOT:</b> BBQ Pork Tenderloin, Rice Pilaf, Green Peas, Cole Slaw, Cornbread, Butter, Milk, Orange</p> <p><b>COLD:</b> Dilled Egg Salad, Sandwich Bun, Caesar Salad, Cole Slaw, Milk, Cinnamon Applesauce</p> <p><b>VEG:</b> Vegan BBQ Chick'n, Rice Pilaf, Green Peas, Cole Slaw, Cornbread, Butter, Milk, Orange</p>	<p><b>22)</b> <b>HOT:</b> Shredded Beef Stroganoff, Buttered Egg Noodles, Spinach, Cole Slaw, Roll, Butter, Juice, Yogurt</p> <p><b>COLD:</b> Seafood Pasta Salad, Carrot-Raisin Salad, 3-Bean Salad, Cornbread, Butter, Juice, Yogurt</p> <p><b>VEG:</b> Vegan Beef Stroganoff, Buttered Egg Noodles, Spinach, Cole Slaw, Roll, Juice, Yogurt</p>	<p><b>23)</b> <b>HOT:</b> Chicken Pot Pie w/ Biscuit, Lima Beans, Pacific Mixed Veggies, Green Salad, Milk. Banana</p> <p> <b>COLD:</b> Bacon, Lettuce, &amp; Tomato (BLT), Bread, Orzo Pasta Salad, Carrot-Raisin Salad, Milk, Banana</p> <p><b>VEG:</b> Vegan Chick'n Pot Pie w/ Biscuit, Lima Beans, Pacific Mixed Veggies, Green Salad, Milk. Banana</p>
<p><b>26)</b> <b>HOT:</b> Meatloaf, Mashed Potatoes w/ Gravy, Balsamic Glazed Carrots, Cucumber Salad, Cornbread, Butter, Milk, Apple</p> <p> <b>COLD:</b> Peas &amp; Penne w/ Grilled Pork, Cucumber Salad, Marinated Broccoli, Roll, Butter, Apple, Milk</p> <p><b>VEG:</b> Vegan Meatloaf, Mashed Potatoes w/ Gravy, Balsamic Glazed Carrots, Cucumber Salad, Cornbread, Butter, Milk, Apple</p>	<p><b>27)</b> <b>HOT:</b> Lemon-Parsley Fettucine Pasta w/ Grilled Chicken, Corn, California Veggies, Roll, Butter, Yogurt, Juice</p> <p><b>COLD:</b> Roast Beef &amp; Provolone, Mayo &amp; Mustard, Greek Potato Salad (No Mayo), 3-Bean Salad, Green Salad, Bun, Yogurt, Fruit</p> <p><b>VEG:</b> Lemon-Parsley Fettucine Pasta w/ Vegan Grilled Chick'n, Corn, California Veggies, Roll, Butter, Yogurt, Juice</p>	<p><b>28)</b>  <b>HOT:</b> Italian Sausage, Baked Beans, Peas &amp; Carrots, Roll, Butter, Milk, Orange</p> <p><b>COLD:</b> Lime-Dill Rotini w/ Grilled Chicken, Sliced Beets, Carrot-Raisin Salad, Roll, Butter, Milk, Banana</p> <p><b>VEG:</b> Stir Fried Tofu &amp; Veggies, Rice Pilaf, Peas &amp; Carrots, Roll, Butter, Milk, Banana</p>	<p><b>29)</b> <b>HOT:</b> Roast Chicken Drumsticks, Wild Rice Pilaf, Collard Greens, Corn, Roll, Butter, Yogurt, Juice</p> <p><b>COLD:</b> Krab &amp; Pasta Salad, 3-Bean Salad, Corn &amp; Pepper Salad, Roll, Butter, Yogurt, Juice</p> <p><b>VEG:</b> Roast Vegan Chick'n Breast, Wild Rice Pilaf, Collard Greens, Corn, Roll, Butter, Yogurt, Juice</p>	<p><b>30)</b> <b>HOT:</b> Broiled Tilapia w/ White Sauce, Whipped Sweet Potatoes, Sauteed Kale, Caesar Salad, Roll, Butter, Milk. Peaches</p> <p><b>COLD:</b> Curry Chicken Salad, Marinated Broccoli, Marinated Tomatoes, Bun, Butter, Milk, Peaches</p> <p><b>VEG:</b> Vegan BBQ Meatballs, Whipped Sweet Potatoes, Sauteed Kale, Caesar Salad, Roll, Butter, Milk. Peaches</p>

**NUTRITION NOTE: FOCUS ON MINDFUL BALANCED EATING! NO EXTREME DIETING; 3 BALANCED MEALS, REGUALR MOVEMENT**