



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Numbers in () represent carbohydrate counts.
1 Baked Chicken (05) Potatoes & Gravy (15) Green Beans (05) Roll (15) Pears (15) Low Fat Milk (12)	2 Macaroni & Cheese (35) w/Frankfurters (10) Mixed Vegetables (05) Roll (15) Banana (15) Low Fat Milk (12)	3 Baked Fish (05) Roasted Potatoes (15) Peas & Carrots (15) Roll (15) Fruit Cocktail (15) Low Fat Milk (12)	4 Beef Taco Salad (40) Tortilla Chips, Lettuce, Cheese, Tomato, Beans Mandarin Oranges (15) Brownie (35) Low Fat Milk (12)	5 Baked Ham (05) Cheesy Potatoes (15) Peas (05) Roll (15) Apples (15) Low Fat Milk (12)
8 Salisbury Steak (10) Potatoes & Gravy (15) Green Beans (05) Roll (15) Peaches (15) Low Fat Milk (12)	9 Clam Chowder (35) Peas & Carrots (05) Green Salad (05) Corn Bread (15) Orange (15) Low Fat Milk (12)	10 <u>Breakfast Day</u> Sausage Patty (10) Biscuit & Gravy (30) Eggs (06) Banana (15) Low Fat Milk (12)	11 Spaghetti & Meat Sauce (35) Mixed Vegetables (05) Garlic Bread (15) Pears (15) Brownie (35) Low Fat Milk (12)	12 Roast Turkey (05) Potatoes & Gravy (15) Corn (15) Roll (15) Apple (15) Low Fat Milk (12)
15 Country Fried Steak (10) Potatoes & Gravy (15) Peas (15) Bread or Roll (15) Peaches (15) Low Fat Milk (12)	16 Lasagna (25) Corn (15) Green Salad (05) Roll (15) Spiced Apples (15) Low Fat Milk (12)	17 Hawaiian Haystacks Noodles, Celery, Peas, Pineapple, Onions (30) Calif. Blend Veg. (05) Roll (15) Mandarin Oranges (15) Low Fat Milk (12)	18 Sloppy Joe (30) Hamburger Bun (15) Green Beans (05) Green Salad (05) Applesauce (15) Rice Pudding (35) Low Fat Milk (12)	19 Roast Pork (05) Potatoes & Gravy (15) Carrots (05) Roll (15) Banana (15) Low Fat Milk (12)
22 Pork Rib Sandwich (10) Hamburger Bun (15) Carrots (05) Coleslaw (05) Pears (15) Low Fat Milk (12)	23 Chicken Enchiladas (20) Spanish Rice (15) Refried Beans (15) Green Salad/Drsg (05) Banana (15) Low Fat Milk (12)	24 Meatloaf (10) Potatoes & Gravy (15) Green Beans (05) Bread or Roll (15) Apple Crisp (15) Low Fat Milk (12)	25 Barbeque Chicken (10) Scalloped Potatoes (15) Mixed Vegetables (05) Roll (15) Peaches (15) Low Fat Milk (12)	26 Roast Beef (05) Potatoes & Gravy (15) Peas & Carrots (05) Bread or Roll (15) Orange (15) Low Fat Milk (12)
29 Chicken Alfredo (10) w/Noodles (15) Winter Blend Veg. (05) Roll (15) Peaches (15) Low Fat Milk (12)	30 <u>Breakfast Day</u> Eggs (06) Sausage Patty (10) Waffles & Syrup (20) Banana (15) Low Fat Milk (12)		Lunches are \$2.00 for Seniors and 5.00 for Guests. Please call and order 1 day in advance! 801-785-2818	