

January

Lancaster County

Monday	Tuesday	Wednesday	Thursday	Friday
				
5 Fish Sandwich w/ Tartar Sauce 1/2c Coleslaw 1/2c Broccoli Salad 1/2c Pears Hamburger Bun	6 3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Carrots Whole Wheat Bread 1/2c Fruit Crisp	7 Turkey w/ Provolone (2oz Turkey, 1slice Provolone) Lettuce & Tomato 1c Corn Chowder Fresh Fruit Hamburger Bun	1 Happy New Year!	2 3oz Grilled Chicken Parmesan w/ 1oz Shredded Cheese 1/2c Rotini w/ Sauce 1/2c California Blend 1 Garlic Breadstick 1/2c Applesauce
12 Omelet 1oz Shredded Cheddar 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Orange Juice	13 Chicken Taco Salad 3oz Taco Meat, .5 oz Cheddar Cheese Salad Mix, Salsa, Ranch 1/2c Elote Corn 1/2c Yellow Rice 1/2c Pineapple	14 Smokey BBQ Burger Cheddar Cheese 1c Cauliflower Soup w/ Crackers Sandwich Roll Fresh Fruit	15 Chicken Paprikash w/ Creamy Tomato Sauce 1/2c White Rice 1/2c Green Beans Whole Wheat Bread Fresh Fruit	9 Swedish Meatballs (4) 1/2c Buttered Pasta 1/2c Green Peas 1 Breadstick 1/2c Mixed Fruit
19 4oz Sloppy Joe 1/2c Country Greens 1/2c Sweet Potato Bites Hamburger Bun Oatmeal Cream Pie	20 Roasted Garlic Pork Loin 1/2c Peas 1/2c White Rice Fresh Fruit Dinner Roll	21 Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Whole Wheat Bread 1 Cookie	22 3oz Kielbasa with 1oz Kraut 1/2c Parsley Potatoes 1/2c Mixed Vegetables 1/2c Applesauce Hot Dog Bun	16 3oz Meatloaf with 2oz Gravy 1/2c Parsley Potatoes 1/2c Carrots Whole Wheat Bread 1/2c Vanilla Pudding
26 Sweet & Sour Chicken 1/2c White Rice 1/2c Oriental Blend Vegetables 1/2c Mandarin Oranges Cookie	27 3oz Salisbury Steak with 2oz Gravy 1/2c Whipped Potatoes 1/2c Peas Dinner Roll Gelatin	28 Creamy Chicken Tortellini (3oz Chicken, 1/2c Tortellini) 1/2c Green Beans 1/2c Spiced Fruit Whole Wheat Bread	29 Cheeseburger 1/2c Tator Tots 1/2c Baked Pineapple 1c Tossed Salad w/ Tomato Hamburger Bun	30 3/4c Pasta and Meatballs (4) with 2oz Marinara Sauce 1c Tossed Salad w/ Tomato Garlic Breadstick Fresh Fruit

*menu subject to change