

JANUARY MENU 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 NEW YEAR'S DAY (CENTER CLOSED)	2 Meatloaf Mashed Potatoes Green Beans ^SF Jell-o with Mandarin Oranges Low Fat Milk	3 Baked Fish Broccoli Corn WW roll w/ margarine Strawberries with Low Fat Whipped Topping Low-Fat milk	4 Sliced Pork shoulder Black-Eyed peas Seasoned Cabbage cornbread Fruit Cocktail Low-Fat Milk	5 Hamburger Steak w/ green peppers, onions and mushrooms Steamed Cauliflower Seasoned Broccoli WW Roll w/ margarine ^SF Pudding Low-Fat Milk
8 Seasoned chicken breast Baked sweet potato Brussels sprouts WW roll w/ margarine Cooked Apples with Cinnamon Low-Fat Milk	9 Beef Stew Seasoned Cabbage Cornbread or ^SF Chocolate Pudding w/ strawberries Low-Fat Milk	10 Roasted chicken thigh Broccoli Glazed carrots WW roll w/ margarine Tangerine Low-Fat Milk	11 Sliced Ham Pinto beans Turnip greens Cornbread Glazed Pears w/ cinnamon Low-Fat milk	12 DAY TRIP SACK LUNCH
15 MARTIN LUTHER KING JR. DAY (CENTER CLOSED)	16 Oven Crispy Chicken honey mustard Seasoned spinach Stewed Tomatoes Brownie ^SF Jello Low-Fat Milk	17 Salmon patties green beans Cole slaw Biscuit Orange Sections Low-Fat milk	18 Baked Pork Chop boiled okra Roasted Parsnips WW roll w/ margarine Applesauce Low-Fat Milk	19 Sloppy Joe Coleslaw Potato Wedges SF Vanilla Pudding with Mandarin Oranges Low-Fat Milk
22 Beef Stir Fry with vegetables brown rice Angel food cake with strawberries Low-Fat Milk	23 Lemon pepper chicken breast Cauliflower Vegetable succotash Cornbread Pineapple-carrot salad Low-Fat milk	24 Pork Chop Stewed Tomatoes Wild Rice WW roll w/ margarine Hot Apple Crisp Low-Fat milk	25 Navy beans Collard greens Baked Potato with sour cream & margarine ^SF Oatmeal Raisin Cookie Low Fat milk	26 Turkey Chili Cole Slaw *WW crackers Hot Spiced Peaches Low-fat milk
29 Mac and Cheese bake Crowder Peas Stewed tomatoes w/ zucchini cornbread Banana Low-Fat Milk	30 Meatloaf Mashed Potatoes Green Beans ^SF Jell-o with Mandarin Oranges Low Fat Milk	31 Baked Fish Broccoli Corn WW roll w/ margarine Strawberries with Low Fat Whipped Topping Low-Fat milk		