

Alternate Meal	Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
<i>This meal is only available to congregate participants</i> Ham & Cheese Sandwich			2 Chili Beets Tossed Salad/dressing Cornbread Jello/fruit Milk	33 9 3 28 8 12	3 Sweet/Sour Meatballs Oriental veggies Tossed Salad Brown Rice Wheat Roll Milk Fruit	12 5 3 21 28 12 13	4 Chicken Tenders O Brien potatoes Squash Tossed Salad Wheat Roll Fruit Milk	13 16 13 3 28 19 12	5 Hamburger/wheat bun Cottage Fried potatoes Coleslaw Lettuce/Tomato/Pickle Apple Crisp Milk	22 21 7 8 36 12
Roast Beef sandwich	8Baked Chicken Mashed Potatoes/gravy Mixed veggies Jello/fruit Milk Roll	<1 22 12 8 12 28	9 Meat Lasagna Carrots Tossed Salad Pears Garlic bread Cookie Milk	46 7 3 25 14 20 12	10 Baked Fish Peas Coleslaw Fruit Rice Pilaf Bread Stick milk	<1 12 10 14 23 35 12	11 meatloaf Mashed potatoes/gravy Mixed veggies Wheat roll Cookie Milk	3 21 12 28 20 12	12 Chicken Salad Tossed Salad Veggie Soup(congr only) Cuke Salad Wheat roll Fruit salad milk	6 3 11 6 28 23 12
Cobb Salad	15 Closed for Martin Luther King Day		16 Soft Tacos Refried Beans Corn Milk Peaches	38 17 17 12 19	17 Spaghetti/meatballs Tossed Salad Green beans Garlic Bread Fruit Milk	 32 3 7 14 25 12	18 Shepherd's Pie Tossed Salad Wheat Roll Apple Cobbler Milk	52 3 28 23 12	19 Breakfast Casserole w/turkey sausage Fruit Salad Hash browns Wheat roll Coffee cake Milk	15 31 19 28 43 12
Tuna sandwich	22 Beef Stroganoff Tossed Salad Glazed carrots Fruit Wheat roll Cake Milk	22 3 10 13 28 46 12	23 Teriyaki Chicken Tossed Salad Oriental Veggies Brown Rice Wheat Roll Mandarin Oranges Milk	6 3 5 21 28 12 12	24 Beef Stew Tossed Salad Peas & carrots Biscuit Peaches Milk	18 3 10 24 19 12	25 Turkey Mashed potatoes/gravy Green Beans Wheat roll Jello/fruit Milk	3 22 7 28 8 12	26 Hamburger gravy Mashed potatoes Broccoli Wheat roll Apple cobbler Milk	9 18 4 28 23 12
Turkey Swiss Wrap	29 French Toast Scrambled Eggs Potatoes O Brien Fruit Salad Milk	31 6 16 47 12	30 Roasted Pork Brown Rice/gravy Beets Tossed Salad Wheat roll Mandarin Oranges Milk	1 24 9 3 28 12 12	31 BBQ Chicken Wheat Bun Potato salad Baked beans Fruit Milk	28 16 20 26 20 12				