



January 2025 Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>For the health and safety of our participants, please do not bring in or share any outside food or drink. Store prepared items may be approved for special occasions.</p>			<p>CLOSED FOR NEW YEAR'S DAY</p>	<p>2 Black Eyed Peas and Ham Black eyed peas, ham, carrots, onions, celery, WGR roll, peaches, 1 % milk</p>	<p>3 Orange Chicken Chicken, brown rice, onion, peppers, carrots, oranges, 1% milk</p>	<p>Meal Pattern</p> <p>Minimum Quantities</p> <p>Fluid 1% unflavored milk 8 oz.</p> <p>Meat or Meat Alternative 2 oz. mm</p> <p>Vegetables 1/2 cup</p> <p>Fruits 1/2 cup</p> <p>Grains 2 ounces 2 servings or 1 cup</p>
5	<p>6 Taco Salad Ground turkey, lettuce, onions, tomatoes, corn chips, cheese, sour cream, guacamole, pears, 1% milk</p>	<p>7 Chili Ground turkey, beans, tomatoes, onions, peppers, cheese, cornbread, mixed fruit 1% milk</p>	<p>8 Tuna Sandwich Tuna, ww bread, onion, celery, tomato cucumber salad, applesauce, 1% milk</p>	<p>9 Chicken Alfredo Chicken breast, WG pasta, broccoli, cheese, bananas, 1% milk</p>	<p>10 Enchilada Casserole Chicken, cheese, ww tortilla, tomatoes, onions, beans, mandarin oranges, 1% milk</p>	
12	<p>13 Quinoa Bean Bowls Quinoa, beans, avocado, onion, tomatoes, corn, cilantro, pears, 1% milk</p>	<p>14 Beef Stroganoff Beef, mushrooms, onions, brown rice, peaches, 1% milk</p>	<p>15 Chicken Cordon Bleu Casserole Chicken, wg pasta, ham, swiss cheese, peas, carrots, mixed fruit 1% milk</p>	<p>16 Mexican Breakfast Casserole Eggs, sausage, beans, cheese, onions, peppers, corn, WG tortillas, oranges, 1% milk</p>	<p>17 Beef Stew Beef, potatoes, carrots, celery, onions, wg roll, fruit cocktail, 1% milk</p>	
19	<p>20 Reuben Casserole Corned beef, sauerkraut, onions, swiss cheese, ww roll, mandarin oranges, 1% milk</p>	<p>21 Baked Ravioli Cheese ravioli, ground, beef, tomato sauce, spinach, onions, mozzarella, WGR bread, mixed fruit, 1 % milk</p>	<p>22 Cuban Black Beans and Rice Black beans, brown rice, onions, lime, cilantro, peppers, WGR corn bread, pears, 1% milk</p>	<p>23 Loaded Potato Soup Potatoes, cheese, ham, green onion, garlic, bacon, WGR roll mandarin, % milk</p>	<p>24 Chicken Fried Rice Chicken, brown rice, egg, onions, peas, carrots, peaches, 1% milk</p>	
26	<p>27 Chicken Pesto Pasta Chicken, pesto, WGR pasta, kale, mozzarella, tomatoes, mixed fruit, 1% milk</p>	<p>28 Taco Casserole Beans, beef onions tomatoes, cheese, corn chips fruit cocktail ,1% milk</p>	<p>29 Chicken Bowls Chicken, potatoes, peppers, onions, corn, cheese, WGR roll, pears, 1% milk</p>	<p>30 Ham & cheese Sandwiches WW bread, sliced ham, cheddar, lettuce, tomato, chips, peaches, 1% milk</p>	<p>31 Tator Tot Hot Dish Tator tots, ground turkey, green beans, cheese, WGR roll, 1 % milk applesauce</p>	

This is an equal opportunity institution