

January 2017

Jefferson County

"Martin	Luther	King	Day"
---------	--------	------	------

Group				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DO	3-Jan	4-Jan	"New Year's Lunch" 5-Jan	6-Jan
Let it Snow!!	Taco Salad w/ Cheese	Chicken Marsala	Kielbassa w/ Kraut	Breaded Fish Sandwich
	1c. Mixed Greens w/ Tomato	w/ Mushroom	1/2c. Whipped Potatoes	w/ Cheese
	w/ Salsa	1/2c. Blended Rice	1/2c. Sweet Peas	1/2c. Cheesy Bacon & Chive
	1/2c. Fiesta Corn Salad	1/2c. Broccoli	Sausage Roll	Potatoes
	Nacho Chips (6)	Dinner Roll	Pineapple Upside Down	1/2c. Green Beans
	Fresh Navel Orange	1/2c. Tropical Fruit Salad	Cake	Sandwich Roll
-				1/2c. Pineapple & Oranges
9-Jan	10-Jan	11-Jan	12-Jan	13-Jan
Pepper Steak	Breaded Chicken Fillet	Oven Roasted Hot Beef	Potato Crusted Fish	Hot Dog
w/ Peppers Onions & Gravy	Sandwich	w/ Gravy	1/2c. Macaroni & Cheese	1/2c. Whipped Potatoes
1/2c. Parsley Noodles	1/4c.Lettuce, 1 Slice Tomato	Baked Potato	1/2c. Stewed Tomatoes	1/2c. Sauerkraut
1/2c. Baby Carrots	1c. Homemade Vegetable Soup	1/2c. Sweet & Sour Coleslaw	Whole Wheat Bread	Hot Dog Bun
Whole Wheat Bread	Sandwich Roll, Crackers	Whole Wheat Bread	Fresh Seasonal Fruit	Chocolate Brownie
1/2c. Applesauce	1/2c. Pineapple Tidbits &	1/2c. Gelatin		Children of the Control of the Contr
	Mandarin Oranges	(sour cream)	(tartar sauce)	75
16-Jan	17-Jan	18-Jan	19-Jan	20-Jan
Pork Loin	Stuffed Pepper Cup	Chef Salad	Italian Meatball Hoagie	Creamy Parmesan Garlic Chicken
w/ Gravy	w/ Tomato Sauce	(ham, turkey, egg & cheese)	w/ Sauce & Cheese	w/ Cream Sauce
1/2c. Scalloped Potatoes	1/2c. Whipped Potatoes	1c. Mixed Greens w/ Tomato	1/2c. Seasoned New Potatoes	1/2c. Penne Pasta
1/2c. Sweet Peas & Onions	1/2c. Yellow Beans	Croutons, Carrots. Cucumbers	1/2c. Mixed Bean Medley	1/2c. Italian Vegetable Medley
Dinner Roll	Whole Wheat Bread	1c. Noodle Soup w/ Crackers	Hoagie Bun	Garlic Bread Stick
Fresh Seasonal Fruit	1/2c. Diced Pears	Whole Wheat Bread	1/2c. Tapioca Pudding	1/2c. Warm Cinnamon
		1/2c. Sliced Peaches		Applesauce
23-Jan	24-Jan	25-Jan	26-Jan	27-Jan
Baked Ham Slice	BBQ Chicken	Chili Mac w/	Breaded Lemon Pepper	Turkey & Swiss
w/ Fruit Sauce	1/2c. Seasoned Red Potatoes	Cheddar Cheese Topping	Pollock	Sandwich
1/2c. Orange Kissed Mashed	1/2c. Country Vegetable Blend	1c. Mixed Greens w/ Tomato	Baked Potato	1/4c. Lettuce, 1 Slice Tomato
Sweet Potatoes	Dinner Roll	Carrots, Cabbage & Dress.	1/2c. Garden Salad w/ Tomato	1c. Cheesy Broccoli Soup
1/2c. Brussel Sprouts	Sugar Cookie	Italian Bread	Dinner Roll	w/ Crackers
Whole Wheat Bread		1/2c. Applesauce	1/2c. Sliced Peaches	2 Whole Wheat Bread
1/2c. Vanilla Ice Cream			w/ Oatmeal Topping	Fresh Seasonal Fruit
30-Jan	31-Jan	AD M		
Meatloaf w/ Gravy	Baked Vegetable Lasagna	80		88
1/2c. Whipped Potatoes	w/ Parmesan Cream Sauce		NOW Y	
1/2c. Italian Beans	1c, Mixed Greens w/ Tomato			
Whole Wheat Bread	Carrots, Onions, Cabbage		DOM	
Birthday Cake	Garlic Bread Stick		w/ Oatmeal Topping W/ Oatmeal Topping	
	1/2c. Sliced Apples		$\alpha \Omega I I$	
			7.00	2