

# January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  <b>Closed New Year's Day Observed</b>	<b>3</b> BBQ Pork Rib 5 Sliced Potatoes 21 Corn 27 Fruit cup 16 Whole Wheat Bread 19 Fat Free White Milk 13	<b>4</b> Herbed Marinated Chicken 7 Swiss Vegetable Medley 11 Garlic Redskin Potatoes 24 Plums 17 Fat Free White Milk 13	<b>5</b> Beef Tacos 38 Spanish Rice 23 Mexican Tomatoes 6 Mandarin Oranges 13 Chocolate Milk 20	<b>6</b> Italian Chicken Marina 38 Spaghetti Noodles 21 Fruit Medley 13 Garlic Breadstick 22 Brussel Sprouts 9 Chocolate Milk 20
<b>9</b> Gold Coast Pork Chop 6 Potatoes Continental 19 Sicilian Blend Vegetables 5 Cinnamon Applesauce 15 Whole Wheat Bread 19 Chocolate Milk 20	<b>10</b> Sweet & Sour Meatballs 26 Brown Rice 17 Caribbean Vegetable Blend 3 Pineapple Tidbits 20 Whole Wheat Bread 19 Fat Free White Milk 20	<b>11</b> Sliced Turkey w/ gravy 9 Mashed Potatoes 19 Glazed Carrots 16 Dinner Roll 16 Chocolate Milk 20	<b>12</b> Swiss Chicken 0 Potatoes w/ bacon & onions 19 Green Peas 12 Apricots 18 Dinner Roll 16 Fat Free White Milk 13	<b>13</b> Beef Stew 21 Tossed Salad 3 Hot Buttered Apples 24 Buttermilk Biscuit 26 Fat Free White Milk 13
<b>16</b>  <b>Closed Dr. Martin Luther King , Jr., Day</b>	<b>17</b> Beef Dippers 8 Diced Redskin Potatoes 12 Capri Vegetables 5 Orange 21 Whole Wheat Bread 19 Fat Free White Milk 13	<b>18</b> Goulash 18 Ambrosia 24 Italian Blend 8 Dinner Roll 16 Chocolate Milk 20	<b>19</b> Glazed Chicken Quarter 7 Macaroni & Cheese 21 Baby Lima Beans 23 Fruit Cocktail 15 Chocolate Milk 20	<b>20</b> Hot Roast Beef Open-faced 43 Mashed Potatoes 19 Prince Charles 6 Fruit Compote 14 Chocolate Milk 20
<b>23</b> Fish Almondine 13 Rice Pilaf 18 Sicilian Blend Vegetables 7 Apple Slices 7 Whole Wheat Bread 19 Fat Free White Milk 13	<b>24</b> Chicken Alfredo w/ penne 98 Green Peas 12 Chilled Pears 16 Dinner Roll 20 Chocolate Milk 20	<b>25</b> Meatloaf 8 Baby Yukon Potatoes 17 Mixed Vegetables 15 Molded Cranberry Fruit Salad 36 Multigrain Dinner Roll 24 Chocolate Milk 20	<b>26</b> Sliced Ham 0 Sweet Potatoes Casserole 29 Green Beans w/ basil 7 Dinner Roll 16 Pineapple Tidbits 20 Chocolate Milk 20	<b>27</b> Hamburger Deluxe 31 Souper Scalloped Potatoes 26 Super Sweet Corn 21 Fruit Medley 13 Fat Free White Milk 13
<b>30</b> Meatballs w/ gravy 16 Egg Noodles 19 Caribbean Blend Vegetables 6 Tropical Fruit 22 Whole Wheat Bread 19 Fat Free White Milk 13	<b>31</b> Chicken Cordon Blue 16 Mashed Potatoes 19 Cabbage & Carrots 9 Peaches 14 Whole Wheat Bread 19 Chocolate Milk 20	<b>Meals Menu</b> <b>Suggested Donation: \$2.25</b> <b>Call 989-797-6880 for details</b> <b>subject to change without notice</b> <b>Please call to reserve meals by 12noon the day before scheduled meal.</b> <b>Also, please call to cancel by 12noon the day before.</b>		

**Grams of Carbohydrates: 15 grams = 1 carb exchange. All menus are prepared with no added salt and a maximum average of 1200mg sodium per meal. Menu items may be cooked and/or come into contact with the following food allergen products such as eggs, milk, wheat, fish or peanut products.**