

MENU – January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Kielbasa Sausage over Rice Brussel Sprouts Roll Sliced Peaches 1143 mg Sodium	1 <i>HAPPY NEW YEAR</i> SRC CLOSED	2 Santa Fe Chicken Black Beans and Rice Seasoned Corn Roll Sliced Pears 810 mg Sodium	3 Sausage Gravy Over Biscuit Stewed Tomatoes Apple Crisp 1226 mg Sodium	4 Chef Salad with Turkey, Egg, And Cheese Pasta Salad Fruit Cocktail Crackers Choc Chip Cookie 1114 mg Sodium
7 Chicken Patty On Bun California Veggies Pumpkin Crisp 1181 mg Na	8 Roast Pork and Gravy Carrots and Potatoes Roll Tropical Fruit 1235 mg Na	9 Chicken Alfredo Over Penne Pasta Steamed Broccoli Roll Peaches 718 mg Na	10 Meatloaf with Gravy Mashed Potatoes Green Peas Roll Sliced Pears 1282 mg Sodium	11 **** Tuna Salad Coleslaw Saltine Crackers Mandarin Oranges Chocolate Chip Cookie 1201 mg Sodium
14 Chicken Marsala Over Rotini Pasta Italian Vegetable Blend Roll Sliced Pears 861 mg Sodium	15 Beef Chili Over Rice Green Beans Roll Sliced Peaches 746 mg Na	16 Turkey and Gravy Stuffing Sweet Potato Cranberry Crisp 1039 mg Na	17 Pork BBQ on Bun Steamed Cabbage Tropical Fruit Oatmeal Cookie 1012 mg Na	18 Chicken Salad On Bun Three Bean Salad Applesauce Graham Crackers 963 mg Na
21 Martin Luther King, Jr Day Observation SRC Closed	22 Penne Pasta with Meatballs and Sauce Steamed Broccoli Roll Sliced Peaches 738 mg Na	23 BBQ Chicken Breast On Bun Green Beans Apple Crisp 797 mg Na	24 Cranberry Ham Steak Steamed Rice Collard Greens Dinner Roll Pineapple Tidbits 1230 mg Na	25 Chicken Caesar Salad Potato Salad Ambrosia Salad Graham Crackers 1281 mg Na
28 Kielbasa Sausage over Rice Brussel Sprouts Roll Sliced Peaches 1143 mg Sodium	29 Tuna Casserole Steamed Broccoli Roll Pineapple Tidbits	30 Santa Fe Chicken Black Beans and Rice Seasoned Corn Roll Sliced Pears 810 mg Sodium	31 Sausage Gravy Over Biscuit Stewed Tomatoes Apple Crisp 1226 mg Sodium	Lunch Served Monday through Friday 11:30 – 12:15 Contributions Welcomed

Each meal contains at least one-third of the current recommended daily allowances for individuals 51 years of age and older. The meal must contain at least 2 ounces of cooked protein, 2 servings of breads/grains, and 2 servings of fruits and vegetables. The individual meal must contain at least 700 calories with no more than 1300 mg sodium. Sodium levels for each meal are listed in mgs. **All meals contain an 8 oz serving of 2% milk**