

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	CRT Closed In Observance of Holiday Happy New Year !	2	Orange Juice All-Beef Hot Dog Hot Dog Bun Ketchup, Must ,Relish Bked Beans / Coleslaw Van Pudding	3	Meatloaf w/ Gravy Mashed Potatoes Steamed Spinach 100 % Whole Wh Bread Fresh Fruit	4	Chicken Parmesan / Pasta w/ Red Sce / Yellow Squash Bread Stick Fresh Fruit	5	<u>National Chocolate Cake Day</u> Grape Juice Plain Burger on Bun Ketchup, Must, Mayo Lettuce & Tomatoes Potato Wedges w/ Ketchup Chocolate Cake
8	Grape Juice Boneless Chicken Marsala Parslied Pasta Italian Style Veggies Bread Stick Wholegrain Fruit Bar	9	Cold Turkey & Amer Cheese Sandw on Soft Roll w/ Shredd Lett & Tomato / Potato Salad Must, Mayo / Fresh Fruit	10	BBQ Pork Baked Beans Green Beans Wheat Bread Fresh Fruit	11	100 % Fruit Punch Jce Beef Stroganoff Rice Vegetable Medley Wholegrain White Bread Cookie ( NO NUTS )	12	Macaroni & Cheese Stewed Tomatoes 100 % Whole Wh Bread Fresh Fruit
15	CRT Closed In Observance of Holiday	16	Grape Juice Stuffed Cabbage w/ Sce Mashed Potatoes Broccoli Florets Wholegrain White Brd Brownie ( NO NUTS )	17	Orange Juice Salisbury Steak w/ Gravy Mashed Potatoes Green Beans Wheat Dinner Roll Chocolate Pudding	18	<u>Nat'l Take A Coffee Break Day</u> Orange Juice Boneless Pork Chop w/ Gravy Fried Rice / California Blend Vegetables / Cornbread Loaf Coffee Cake	19	Potato Crumb Fish Tartar Sauce Rosemary Potatoes Baby Carrots 100 % Whole Wh Bread Fresh Fruit
22	Kielbasa / Mustard Carmelized Onions Paprika Diced Potatoes Prince Edward Veggies Wheat Brd Fresh Fruit	23	<b>MANDATORY FOOD SAFETY TRAINING FOR CAFÉ COORDINATORS</b>  <b>BOXED LUNCHES GRAB AND GO STYLE</b>	24	Orange Juice Boneless Chicken w/ Gravy White Rice Steamed Broccoli Wheat Bread Yogurt Cup	25	Grande Cheese Raviolis w/ Marinara Sce Parmesan Cheese Italian Blend Veggies Garlic Knot Fresh Fruit	26	100 % Fruit Punch Jce Roast Turkey w/ Gravy Cranberry Sce/ Cornbread Stuffing / Peas & Carrots / Dinner Roll Wholegrain Fruit Bar
29	Cheesy Veg Lasagna w/ Alfredo Sce Zucchini Bread Stick Fresh Fruit	30	Chicken Stir-Fry Vegetable Fried Rice Asian Vegetable Blend 100 % Whole Wh Brd Fresh Fruit	31	Salad Greens w/ Ham Hard Cooked Egg / Red Onions / Cherry Toms / Cucs Ranch Dressing / Bread Stick Fresh Fruit		Physical activity can improve your sleep, mood, muscle strength and resistance to disease. Thirty minutes of activity - walking, even household chores count !		Studies suggest that adding physical activities to your lifestyle was linked with a 24 % lower risk of cardiac disease. Set a realistic goal and get busy !

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses  
 All meals are served with milk, bread, and margarine. SUGGESTED DONATION: \$3.00 or what you can afford.