



Menu JANUARY 2023

Menu Key
 * Vitamin A Source (≥ 840 mgs)
 + Vitamin C Source (≥ 90 mgs)
 # High Salt (≥ 1,000 mgs)
 @ Spicy
 V No Meat, made with vegetable base
 ** Menu has changed since first print

January 2		January 3		January 4		January 5		January 6	
CLOSED		**+ Chicken and Cheese Enchilada with Green Sauce, Spanish Rice, Carrots with Bell Peppers and Onions*		+ Chicken Jambalaya with Rice, California Blend Vegetables		+ Beef Stroganoff, Herb Pasta, Green Beans with Onions and Bell Peppers, Wheat Roll		+ Baked Turkey with Herb Gravy, Mashed Potatoes, Carrots and Green Beans	
January 9		January 10		January 11		January 12		January 13	
V+ Tuscan Bean Stew with Tofu, Brown Rice, Cauliflower with Bell Peppers and Red Onions		*+ BBQ Chicken, Sweet Potato Fries, Peas and Carrots		Pot Roast with Gravy, Garlic Mashed Potatoes, Seasonal Vegetables		+ Three Cheese Ham Pasta Bake, Green Beans, Garlic Herb Biscuit		+ Swedish Meatballs, Herb Pasta, Peas and Carrots	
January 16		January 17		January 18		January 19		January 20	
CLOSED		+ Beef Hot Dogs, Seasoned Diced Potatoes, Peas and Carrots		Spaghetti with Zesty Meat Sauce (Turkey), Italian Green Beans with Onions		**Baked Ham with Cranberry Pineapple Sauce, Garlic Mashed Potatoes, Seasonal Vegetables, Wheat Roll		+ Shepherd's Pie, Seasonal Vegetables, Wheat Roll	
January 23		January 24		January 25		January 26		January 27	
V* Vegetable Frittata (Red Onion, Bell Pepper, Zucchini, Spinach, Cheese), Carrots and Broccoli, Wheat Roll		+ Turkey Baked Ziti, Italian Green Beans		Italian Style Beef, Mashed Potatoes, Seasonal Vegetables, Wheat Roll		*+ Pork Carnitas, Spanish Rice, Carrots with Bell Peppers and Onions		Parmesan Chicken, Spaghetti, Green Beans with Onions	
January 30		January 31							
V*+# Gerardo's Santa Fe Mac and Cheese, Peas and Carrots with Bell Pepper, Wheat Roll		Pork Chile Colorado, Baked Beans, Carrots with Onions							