

Breakfast

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 JUICE CHOICE OF CEREAL FRIED EGG WHEAT TOAST APRICOTS MARGARINE/ JELLY MILK	2 JUICE CHOICE OF CEREAL SCRAMBLED EGG HOMEMADE WAFFLES / SYRUP FRUIT MILK	3 JUICE CHOICE OF CEREAL SCRAMBLED EGG WHEAT TOAST MARGARINE/ JELLY CITRUS SECTIONS MILK	4 JUICE CHOICE OF CEREAL SAUSAGE GRAVY BISCUIT STRAWBERRIES MILK	5 JUICE CHOICE OF CEREAL FRIED EGG WHEAT TOAST MARGARINE/ JELLY WARM FRUIT COMPOTE MILK
6 JUICE CHOICE OF CEREAL SCRAMBLED EGG STRUDEL STICK MIXED FRUIT MILK	7 JUICE CHOICE OF CEREAL FRIED EGG BACON WHEAT TOAST MARGARINE/ JELLY FRUIT MILK	8 JUICE CHOICE OF CEREAL SAUSAGE CHERRY COFFEE CAKE MANDARIN ORANGES MILK	9 JUICE CHOICE OF CEREAL SCRAMBLED EGG HOMEMADE WAFFLES / SYRUP FRUIT MILK	10 JUICE CHOICE OF CEREAL OMELET RAISIN TOAST MARGARINE/ JELLY FRUIT MILK	11 JUICE CHOICE OF CEREAL SAUSAGE CREME BRULEE FRENCH TOAST PEACHES MILK	12 JUICE CHOICE OF CEREAL SCRAMBLED EGG W/ CHEESE WHEAT TOAST MARGARINE/ JELLY FRUIT MILK
13 JUICE CHOICE OF CEREAL SAUSAGE PATTY WAFFLES / SYRUP FRUIT CUP MILK	14 JUICE CHOICE OF CEREAL FRIED EGG BACON WHEAT TOAST MANDARIN ORANGES MILK	15 JUICE CHOICE OF CEREAL CHARLESTON BREAKFAST CASSEROLE WHEAT TOAST CINNAMON APPLES MILK	16 JUICE CHOICE OF CEREAL SCRAMBLED EGG HOMEMADE WAFFLES / SYRUP FRUIT MILK	17 JUICE CHOICE OF CEREAL SCRAMBLED EGG ENGLISH MUFFIN WARM FRUIT COMPOTE MILK	18 JUICE CHOICE OF CEREAL SAUSAGE GRAVY BISCUIT MIXED FRUIT MILK	19 JUICE CHOICE OF CEREAL SAUSAGE PANCAKES/ SYRUP APRICOTS MILK
20 JUICE CHOICE OF CEREAL CHEESE OMELET GLAZED LONG JOHN PEACHES MILK	21 JUICE CHOICE OF CEREAL FRIED EGG BACON WHEAT TOAST MARGARINE/ JELLY BERRY CUP MILK	22 JUICE CHOICE OF CEREAL SCRAMBLED EGG BREAKFAST BREAD FRUIT MILK	23 JUICE CHOICE OF CEREAL SCRAMBLED EGG HOMEMADE WAFFLES / SYRUP FRUIT MILK	24 JUICE CHOICE OF CEREAL SCRAMBLED EGG WHEAT TOAST FRUIT CUP MILK	25 JUICE CHOICE OF CEREAL OMELET RAISIN TOAST MANDARIN ORANGES MILK	26 JUICE CHOICE OF CEREAL FRIED EGG WHEAT TOAST CINNAMON APPLES MILK
27 JUICE CHOICE OF CEREAL FRIED EGG BACON DONUT PEARS MILK	28 JUICE CHOICE OF CEREAL TOAST SCRAMBLED EGG WHEAT TOAST STRAWBERRIES MILK	29 JUICE CHOICE OF CEREAL SAUSAGE GRAVY BISCUIT APRICOTS MILK	30 JUICE CHOICE OF CEREAL SCRAMBLED EGG HOMEMADE WAFFLES / SYRUP FRUIT MILK	31 JUICE CHOICE OF CEREAL SCRAMBLED EGGS W/ PEPPER, ONION & CHS WHEAT TOAST MANDARIN ORANGES MILK		

Happy
2019!

Noon Meal

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 APPLE GLAZED RIBS OVEN BROWNED POTATOES GREEN BEANS BREAD/MARG FROSTED BROWNIE MILK	2 HOMEMADE MEATLOAF MASHED POTATOES BROWN GRAVY BREAD/MARG KEY WEST BLEND VEGETABLES APPLE PEAR CRISP MILK	3 HAM STEAK ROASTED SWEET POTATO MIXED VEGETABLES BREAD/MARG PINEAPPLE RITZ DESSERT MILK	4 BEER BATTERED TILAPIA TARTAR SAUCE FRIED POTATOES & ONIONS SWEET PEPPER SLAW CORNBREAD HONEY BUTTER CARROT CAKE/CR CHEESE FROSTING MILK	5 BAKED CHICKEN DRUMSTICK CALICO BEAN BAKE MASHED POTATOES GRAVY BREAD/MARG ICE CREAM MILK
6 HERBED PORK LOIN SCALLOPED POTATOES HARVARD BEETS ROLL/ MARG PIE MILK	7 ROAST BEEF MASHED POTATOES BEEF GRAVY GLAZED CARROTS BREAD/MARG COOKIE MILK	8 LEMON ROSEMARY CHICKEN BAKED PARMESAN SWEET POTATOE BROCCOLI FLORETS BREAD/MARG PEANUT BUTTER CANDY BAR MILK	9 COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY ROASTED BRUSSELS SPROUTS BREAD/MARG PUMPKIN DESSERT MILK	10 BEEF TIPS & GRAVY PARSLEY NOODLES CITRUS STIR FRY VEGS GARLIC BREAD SHERBET MILK	11 PANKO CRUSTED COD BAKED POTATO/MARG PEAS BREAD/MARG CHEF'S CHOICE DESSERT MILK	12 DORITOS CHICKEN BREAST SHREDDED LETTUCE/ TOMATO SPANISH RICE CORN FRIED ICE CREAM PIE MILK
13 ROAST TURKEY STUFFING GRAVY BROCCOLI CASSEROLE CRANBERRY SAUCE ROLL/MARG PIE MILK	14 HOT PORK SANDWICH MASHED POTATOES GRAVY KEY WEST BLEND VEGETABLES CHERRY ORCHARD BAR MILK	15 OVEN FRIED CHICKEN ROASTED POTATOES CARROTS GARLIC BREAD PINEAPPLE UPSIDE DOWN CAKE MILK	16 CREAMY SWISS STEAK MASHED POTATOES CARROTS BREAD/MARG AUTUMN GELATIN MILK	17 CHICKEN THIGHS MACARONI & CHEESE GREEN BEANS BREAD/MARG OREO COOKIE DESSERT MILK	18 SALMON PATTIES DILL CREAM SAUCE CREAMED PEAS & POTATOES BREAD/MARG STRAWBERRIES ANGEL FOOD CAKE MILK	19 BAKED HAM CREAMY SWEET POTATOES MIXED VEGETABLES BREAD/MARG CHILLED FRUIT MILK
20 ROAST BEEF MASHED POTATOES BEEF GRAVY SCALLOPED CORN ROLL/ MARG PIE MILK	21 SWISS CHICKEN BREAST RICE PARSLIED CARROTS BREAD/MARG FRUIT CRISP MILK	22 MAPLE CRANBERRY ROAST TURKEY POTATOE GRAVY GREEN BEAN CASSEROLE BREAD/MARG PUMPKIN BAR MILK	23 FIRE BRAISED RIB SWEET POTATOES CHEDDAR CORNBREAD FRUIT MILK	24 SCALLOPED POTATOES WITH HAM BUTTERED CABBAGE GARLIC BREAD BLACK FOREST CAKE MILK	25 CITRUS HERB COD FILET TARTAR SAUCE BAKED POTATO/ MARG MIXED VEGETABLES BREAD/MARG CHEESECAKE CARAMEL SAUCE MILK	26 HAMBURGER POT PIE CREAMY CUCUMBER SALAD ROLL/ MARG GELATIN FLUFF MILK
27 BROWN SUGAR GLAZED HAM MASHED POTATOES PORK GRAVY BRUSSELS SPROUTS ROLL/ MARG PIE MILK	28 HAWAIIAN MEATBALLS PARSLEY NOODLES CARROTS BREAD/MARG CUSTARD MILK	29 GARLIC ROASTED PORK BAKED POTATO/MARG BROCCOLI W/ CHEDDAR CHEESE SAUCE BREAD/MARG FROSTED CAKE MILK	30 CHICKEN & PASTA ALFREDO BROCCOLI & CAULIFLOWER GARLIC BREAD FRUITED GELATIN MILK	31 BBQ PORK GLAZED SWEET POTATOES CREAMED CABBAGE BREAD/MARG PUDDING PARFAIT MILK		



Do you have a New Years Resolution?

Evening Meal

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 CREAMED CHICKEN BISCUIT PERFECT SPINACH SALAD FROSTED BANANA BAR MILK	2 TUNA MELT CASSEROLE PEAS BREAD/MARG FRUITED GELATIN MILK	3 POTATO SOUP AUTUMN SANDWICH CRANBERRY SAUCE TOSS SALAD/ DRESSING SCOTCHAROOS MILK	4 CHILI SHREDDED CHEESE CRACKERS DICED ONION COTTAGE CHEESE W/ APRICOTS BREAD/MARG CHOC CHIP FLUFFERNUTTER BARS MILK	5 ITALIAN BEEF SANDWICH POTATO WEDGES MARINATED VEGETABLE SALAD POKE CAKE/TOPPING MILK
6 BROCCOLI CHEESE SOUP TURKEY SALAD SANDWICH TOSS SALAD/ DRESSING APPLE TURNOVER MILK	7 GOULASH GREEN BEANS BREAD/ MARG WALDORF FRUIT CUP MILK	8 SLOPPY JOE TATER TOT CASSEROLE MIXED VEGETABLES BREAD/MARG CRANBERRY MOUSSE MILK	9 TOMATO BISQUE GRILLED CHEESE SANDWICH CREAMY CUCUMBER SALAD PUMPKIN DESSERT MILK	10 SHEPHERDS PIE MIXED VEGETABLES FRESH BAKED BREAD WARM FRUIT CASSEROLE MILK	11 N. Y. HOT DOG SAUERKRAUT BAKED BEANS CREAMY CHEDDAR MACARONI SALAD NO BAKE COOKIE MILK	12 MUSHROOM & SWISS BURGER FLAME ROASTED POTATOES & VEGETABLES ORANGE, APPLE, & BANANA CUP CINNAMON ROLL TWIST MILK
13 CORN CHOWDER COLD CUT SANDWICH TOMATO & CUCUMBER SALAD TOFFEE DESSERT MILK	14 CHICKEN & VEG STIR FRY PORK VEG EGG ROLL SHERBET WITH WAFERS MILK	15 FISH W/ CHEESE ON BUN TARTAR SAUCE FRIED POTATOES & ONIONS COLESLAW STRAWBERRY FLUFF MILK	16 HAM AND BEANS PICKLED BEETS MAPLE CORNBREAD COOKIE MILK	17 MAIDRITE ON BUN BBQ SAUCE POTATO WEDGES SWEETENED SAUERKRAUT LEMON BAR MILK	18 BEEF STEW FRESH BAKED BREAD CARROT SALAD ICE CREAM NOVELTY MILK	19 CRISPY CHICKEN SALAD SALAD DRESSING CRACKERS FRESH FRUIT CUP PECAN PIE BREAD PUDDING MILK
20 SOUP COLD CUT SANDWICH POTATO CHIPS PEA SALAD COOKIE MILK	21 HUSHPUPPY FISH FILETS TARTAR SAUCE PARMESAN POTATOES VEGETABLE BLEND BREAD/ MARG MOUSSE MILK	22 GOULASH PEAS FRESH BAKED BREAD MARGARINE ICE CREAM MILK	23 CREAM OF TOMATO SOUP CRACKERS GRILLED CHEESE SANDWICH COLESLAW FRUIT PIZZA MILK	24 WHITE BEAN & SAUSAGE SOUP EGG SALAD SANDWICH LETTUCE & TOMATO SLICE CHEESE PUFFS MILK	25 PIZZA SLICE TOSS SALAD/ DRESSING BREADSTICK SUGAR COOKIE MILK	26 BBQ STEAK SANDWICH ONION TANGLERS POTATO CHIPS SHERBET MILK
27 POTATO BACON CHOWDER TURKEY & CHEESE CROISSANT LAYERED SALAD CREAMY DELIGHT DESSERT MILK	28 ITALIAN BEEF SANDWICH CORN POTATO WEDGES RICE KRISPIE SQUARE MILK	29 WISCONSIN CHEESE SOUP CRACKERS TUNA SALAD SANDWICH TOSS SALAD/ DRESSING CHOCOLATE FUDGE MILK	30 MEATLOAF SANDWICH MASHED POTATOES GRAVY STEWED TOMATOES GINGER COOKIE MILK	31 CHICKEN AND NOODLES MASHED POTATOES GREEN BEANS ICE CREAM CAKE MILK		



Here are a few facts you might of known about the month of January

1. January is named after the Roman god Janus, who was always shown as having two heads. He looked back to the last year and forward to the new one.
2. The Anglo-Saxons called January “Wulfmonath” as it was the month hungry wolves came scavenging at people’s doors.
3. It’s National Soup Month in the U.S.
4. The only Shakespeare plays that mention January are Much Ado About Nothing and Winter’s Tale.
5. More couples separate or divorce in January than in any other month.
6. January 1st is both the furthest away and closest day to December 31st.