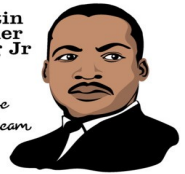










# January 2024 Menu

Martin Luther King Jr

I Have a Dream



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Meal Pattern</b> <b>Minimum Quantities</b>  <b>Fluid 1% milk 8 oz.</b>  <b>Meat or Meat Alternative</b> <b>2 oz. mm</b>  <b>Vegetables 1/2 cup</b>  <b>Fruits 1/2 cup</b>  <b>Grains</b> <b>2 ounces</b> <b>2 servings or 1 cup</b>	<b>1</b>  <b>Closed</b>	<b>2 Black Eyed Peas and Turkey</b>  Black eyed peas, turkey, carrots, onions, wg roll, pears, 1% milk	<b>3 Chicken Fried Rice</b>  Chicken, brown rice, egg, onions, peas, carrots, peaches, 1% milk	<b>4 Enchilada Casserole</b>  Chicken, cheese, ww tortilla, tomatoes, onions, beans, mandarin oranges, 1% milk	<b>5 Ziti Bake</b>  WG pasta, Italian sausage, spinach, tomatoes, cheese, applesauce, 1mik	<b>6</b>
	<b>8 Egg Roll In a Bowl</b>  Brown rice, chicken, cabbage, carrots, onions, mandarin oranges, 1% milk	<b>9 Beef Stroganoff</b>  Beef, egg noodles, mushrooms, onions, wg roll, bananas, milk	<b>10 Breakfast Casserole</b>  Eggs, turkey sausage, potatoes, cheese, peppers, onions, ww toast, mixed fruit, 1% milk	<b>11 Red Beans &amp; Rice</b>  Kidney beans, brown rice, turkey sausage, onions, mixed fruit, 1% milk	<b>12 Spaghetti</b>  Ground beef, wg noodles, tomatoes, onions, peppers, garlic bread, pears, 1% milk 	<b>13</b>
	<b>15 Salsa Chicken</b>  Chicken, salsa, brown rice, beans, cheese, pears, 1% milk	<b>16 Tuna Sandwich</b>  Tuna, ww bread, garden salad, peaches, 1% milk 	<b>17 Harissa Chicken</b>  Chicken, potatoes, leeks, onion, garlic, mixed fruit, wg roll, 1% milk	<b>18 Broccoli Cheddar Chicken</b>  Chicken, broccoli, wg noodles, carrots, onions, pears, 1% milk	<b>19 Grilled Cheese and Tomato Soup</b>  WW bread, cheddar cheese, tomatoes, applesauce, 1% milk 	<b>20</b>  
	<b>22 Chili</b>  Ground turkey, beans, tomatoes, onions, peppers, cheese, cornbread, 1% milk 	<b>23 Tortellini Soup</b>  Chicken, cheese tortellini, carrots, celery, onions, wg roll, mandarin oranges, 1% milk	<b>24 Pinot Bean Casserole</b>  Pinto beans, cheese, corn chips, tomatoes, onions, corn,	<b>25 Corn Chowder</b>  Chicken, corn, carrots, onions, potatoes, wg roll applesauce, 1% milk	<b>26 Teriyaki Chicken</b>  Chicken, brown rice, onions, carrots, peppers, mandarin oranges, 1% milk	<b>27</b>
	<b>29 Chicken Caesar Wraps</b>  Chicken, romaine lettuce, ww tortilla, parmesan, tortillas chips, peaches, 1% milk	<b>30 Chicken Broccoli Alfredo</b>  Chicken, broccoli, ww noodles, pears, 1% milk 	<b>31 Pork and Sweet Potato Stew</b>  Pork, sweet potatoes, carrots, onions, wg roll, applesauce, 1% milk	<b>For the health and safety of our participants, please do not bring in or share any outside food or drink. Store prepared items may be approved for special occasions.</b>		