







January

Perry

Monday	Tuesday	Wednesday	Thursday	Friday
				
		Happy New Year! 1	2	3
			Baked Fish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit	Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1c Tortilla Soup 1/2c Pineapple
6	7	8	9	10
Sloppy Joe 1 Baked Potato 1/2c Green Beans 1 Hamburger Bun Fresh Fruit	Popcorn Chicken w/ Gravy 1/2c Whipped Potatoes 1/2c Corn 1 Biscuit 1/2c Peaches	Stuffed Pepper w/ Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 White Bread 1/2c Pudding	Turkey Chef Salad (2oz Turkey, Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll Fresh Fruit	Chicken Alfredo 1/2c Noodles 1/2c Broccoli 1 Garlic Breadstick 1/2c apple cranberry crisp
13	14	15	16	17
Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit	Chicken Bacon Carbonara (3oz Chicken, 1/2oz Bacon) 1/2c Pasta 1/2c California Blend Vegetables 1 Breadstick  1/2c Mandarin Oranges	Tuna Salad Sandwich (4oz) 1c Bean Soup 1/2c Coleslaw 2 White Bread Fresh Fruit	Baked Goulash 1/2c Brussel Sprouts 1/2c peaches 1 Italian Bread	Sliced Ham 1/2c Orange Blossom Sweet Potatoes 1/2c Peas & Carrots 1 Dinner Roll 1 Cookie
20	21	22	23	24
Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread 1/2c pudding	Sweet & Sour Pork 1/2c. Rice 1/2c Broccoli & Cauliflower Blend 1 Dinner Roll Fresh Fruit	BBQ Pork Ribete 1/2 Hashbrown cubes 1/2c Green Beans 1 Hamburger bun 1/2c pineapple delight	 Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	Italian Burger (Peppers, Onions, White Cheese) 1c Creamy Potato Soup 1 Hamburger Roll Seasonal Fresh Fruit
27	28	29	30	31
Cajun Shrimp 1/2c Creamy Pasta 1/2c Peas 1 Breadstick 1/2c Pineapple 	Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Fruited Gelatin	Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Carrots 1 Italian Breadstick Fresh Orange	Western Omelet w/ Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice	Open Faced Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding
				*menu subject to change