








# JANUARY

2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>New Year's Day</b>	<b>Lemon Chicken</b>	<b>Chicken and Dumplings</b>	<b>Meatballs over Rice</b>	<b>Fish Croquettes</b>
<b>USE YOUR SHELF STABLE MEAL</b>	<b>Confetti Wild Rice Pilaf</b>	<b>Ranch Style Beans</b>	<b>Lima Beans and Carrots</b>	<b>Cole slaw</b>
	<b>Broccoli &amp; Carrots Medley</b>	<b>Roasted Brussel Sprouts</b>	<b>Sauteed Broccoli</b>	<b>Corn Bread</b>
	<b>Cottage Cheese with Fruit</b>	<b>Jello</b>	<b>Chocolate Pudding</b>	<b>Fruit Parfait</b>
	<b>2% Milk Quart</b>	674 calories	574 calories	518 calories
	47.2g carbs      538 calories	42.6g protein	34.4 g Protein	75.7 g Carb.
	18.2g fat      46.9g protein	78.2g carbs	25 g Fat	10.1g Fat      32.9 Protein
<b>1-Jan</b>	<b>2-Jan</b>	<b>3-Jan</b>	<b>4-Jan</b>	<b>5-Jan</b>
<b>Chicken Fried Steak/ Gravy</b>	<b>Hamburger on Wheat Bun</b>	<b>Cranberry Chicken</b>	<b>Crusted Tilapia</b>	<b>Sliced Ham w /Pineapple</b>
<b>Whipped Potatoes</b>	<b>Lettuce/Tomato/Onion</b>	<b>Seasonal Vegetables</b>	<b>Vegetable Medley</b>	<b>Green Beans</b>
<b>Seasoned Green Beans</b>	<b>Pinto Beans</b>	<b>Buttered Baby Carrots</b>	<b>Wild Rice</b>	<b>Roll</b>
<b>Wheat Bread</b>	<b>Cole Slaw</b>	<b>Cornbread</b>	<b>Spinach Salad</b>	<b>Rice Pudding</b>
<b>Banana Pudding</b>	<b>Fruit Salad</b>	<b>Pear Cup</b>	<b>Angel Food cake with Blueberry</b>	<b>Apple</b>
<b>2% Milk Quart</b> 721 calories	663 calories	650 Cal	93.6g carbs      590 calories	583 Calories
25 g Fat      38.7 Protein	90g Carb      45 g Protein	17g Fat      58.2 Protein	1.9g fat      42.9g protein	87.7 g Carbs      38g Protein
<b>8-Jan</b>	<b>9-Jan</b>	<b>10-Jan</b>	<b>11-Jan</b>	<b>12-Jan</b>
<b>MLK</b>	<b>Chicken Fajitas</b>	<b>Spaghetti and Meatsauce</b>	<b>BBQ Chicken</b>	<b>King Ranch Casserole</b>
<b>Holiday</b>	<b>Onions and Peppers</b>	<b>Peas and Mushrooms</b>	<b>Mashed Potatoes</b>	<b>Spanish Rice</b>
<b>Use your Box Meal</b>	<b>Spanish Rice</b>	<b>Capri Mixed Vegetables</b>	<b>Peas and Carrots</b>	<b>Sauteed Spinach</b>
	<b>Mexicorn</b>	<b>Italian bread</b>	<b>Cherry Gelatin with Pineapple</b>	<b>Tortilla</b>
	<b>Yogurt</b>	667 calories	513 calories	<b>Graham Crackers</b>
	<b>2% Milk Quart</b>	72.3g carbs	73.2g carbs	638 calories
	78.2g Carbs      37.7g Protein	38g protein      13.8 g fat	1.5g fat      46.8 g protein	21g Protein      21 g Fat
<b>15-Jan</b>	<b>16-Jan</b>	<b>17-Jan</b>	<b>18-Jan</b>	<b>19-Jan</b>
<b>Salisbury Steak</b>	<b>Grilled Chicken Sandwich</b>	<b>Beef and Vegetable Stir Fry</b>	<b>Meatloaf</b>	<b>Turkey/Gravy</b>
<b>Creamy Mashed Potatoes</b>	<b>Oven Fries</b>	<b>Brown Rice</b>	<b>Spinach</b>	<b>Mashed Potatoes</b>
<b>Steamed Geen Beans</b>	<b>Broccoli Cauliflower Salad</b>	<b>Steamed Broccoli</b>	<b>Mashed Potatoes</b>	<b>Green Beans Almandine</b>
<b>Peaches</b>	<b>Baked Apples</b>	<b>Orange</b>	<b>Cottage Cheese with Fruit</b>	<b>Wheat Bread</b>
<b>Wheat Bread / 2% Milk Quart</b>	<b>Tomato/Lettuce/Onion/ Pickles</b>	562.3 calories	489 calories	<b>Vanilla Pudding</b>
602 calories      75.6 g carb.	612 calories	90.03g Carbs	51.7g Carb	661 calories      17.3 g fat
18.2 g fat      37.2 Protein	92.7g carbs      42.8g protein	8.8g Fat	7.9g Fat      47.7g protein	51.4g protien
<b>22-Jan</b>	<b>23-Jan</b>	<b>24-Jan</b>	<b>25-Jan</b>	<b>26-Jan</b>
<b>Oven Fried Chicken with Gravy</b>	<b>Baked Pasta</b>	<b>Garlic Herb Chicken</b>		
<b>Macaroni and Cheese</b>	<b>Italian Vegetables</b>	<b>Blackeyed Peas</b>	 Always remember to call  at least by 2:00 PM the  day before to  cancel a meal  972-562-6996 Extension 113	
<b>Squash Medley</b>	<b>Tossed Salad</b>	<b>Cauliflower/ Cheese Sauce</b>		
<b>Mixed Fruit</b>	<b>Fruit Salad</b>	<b>Wheat Bread</b>		
<b>2% Milk Quart</b>	545 calories	<b>Chocolate Pudding</b>		
661 calories      91.5 g carb.	91.5 Carbs	526 calories		
17.3 g fat      51.4g protein	3.1 g Fat      30.8 g Protein	74.3g Carbs.      36.8g Protein		
<b>29-Jan</b>	<b>30-Jan</b>	<b>31-Jan</b>		