

JANUARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Paella w/Chicken & Sausage WG Rice California Blend Pineapple	6 Yankee Pot Roast WG Rice Mixed Veggies Apple	7 Italian Meatballs (beef & pork) WG Pasta Spinach Cucumber Salad Orange	8 Orange Glazed Pork Loin Sweet Potatoes Curried Lentils WW Bread Applesauce	9 VEGETARIAN Black Bean Burger WW Burger Roll Potato Salad Macaroni Salad Apple
BIRTHDAY CELEBRATION 12 Mexican Chicken Soup Corn Tortilla Fajita Veggie Mix Spring Salad Mix Orange	13 Hamburger WW Burger Roll Sweet Potato Coleslaw Apple	14 Ringin' In the New Year @ San Marcos Community Center Meatloaf (beef & pork) Mashed Potatoes Peas & Carrots WW Bread Orange 	15 Chicken Marsala WG Rice Herb Potatoes California Blend Mandarin Orange	16 Pasta Bolognaise WG Pasta Normandy Blend Chickpea Stew Fruit Cocktail
20  MARTIN LUTHER KING DAY CLOSED FOR HOLIDAY	20 Beef Stew Potatoes Steamed Carrots WW Bread Apple	21 Beef Stroganoff WG Pasta Spinach Italian Lentils Mandarin Orange	22 Greek Lemon Chicken WG Rice Tabbouleh Orange	23 Tuna Sandwich (WW Roll) Coleslaw Black Beans Mandarin Orange
26 Basque Chicken Basque Potatoes Green Beans WW Bread Pineapple	27 Ground Beef Casserole WG Pasta Broccoli Normandy Apple	28 Stuffed Peppers (beef) WG Pasta Lentils Oranges	29 Chicken Fricassee WG Quinoa Rice Broccoli Italian Chickpeas Mandarin Orange	30 Italian Lentil Turkey Stew WG Rice Sautéed Cabbage Mixed Veggies Peaches

WW = Whole Wheat
WG = Whole Grain

NOTE: No Soup and Salad Bar during renovations



Musical Entertainment



Vegetarian



Meal contains 1,000+ mg of sodium



1% milk is served daily