









January 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Closed For New Year's Day
BBQ Chicken 2g 4 WW Bun 21g Diced Potatoes 20g Peas 12g Orange 25g	Sausage Patty 5 Cheesy Hash Browns 18g Corn 19g Apple 19g WG Biscuit 27g 	Tuna Salad Sandwich 6 Wheat Bread 23g Baby Bakers 37g Banana 31g Choc. Chip Cookie 26g	Swedish Meatballs 5g 7 Mashed Potatoes 21g Pea Salad 18g  Craisins 24g WW Dinner Roll 14g	Italian Turkey Sand. 8 Wheat Bread 23g Carrots 5g Chips 16g Grape Juice 17g Rice Krispie Treat 17g
Beef Pasta Bake 23g 11 Peas & Carrots 11g Orange 25g WW Dinner Roll 14g Sugar Cookie 23g	Cali Burger 12 WW Bun 21g Lett./Tomato/Onion 5g Baked Beans 24g Apple 19g	Tilapia 13 Colcannon 30g Copper Penny Salad 17g Banana 31g WW Dinner Roll 14g	Chicken Supreme 12g 14 Corn 19g Lettuce w/Ranch 2g Raisins 23g WW Dinner Roll 14g	Ham Sandwich 15 Rye Bread 15g  Carrots 5g Chips 16g Apple Juice 14g Granola Bar 17g 
Closed For MLK Day 18	Honey Mustard 19 Chicken 9g Cooked Cabbage 5g Diced Potatoes 20g Orange 25g Roll 14g	BBQ Beef Meatballs 2g 20 WW Bun 21g Peas 12g Raisins 23g Birthday Cake 29g	Meatloaf 6g 21 Mashed Potatoes 21g Green Beans 6g Banana 31g WW Dinner Roll 14g	Turkey Sandwich 22 Wheat Bread 23g Carrots 5g Chips 16g Applesauce 15g Cookie 28g
Pasta with 25 Italian Sausage 26g Peas & Carrots 11g Apple 19g French Bread 15g 	Sloppy Joe 8g 26 WW Bun 21g Corn 19g Potato Salad 16g Orange 25g	Teriyaki Chicken 13g 27 Brown Rice 25g Lettuce w/Italian 4g Banana 31g Granola Bar 17g	Turkey w/Gravy 9g 28 Mashed Potatoes 21g Valley Salad 27g Craisins 24g WW Dinner Roll 14g	Ham Sandwich 29 Wheat Bread 23g  Carrots 5g Chips 16g Orange Juice 14g Rice Krispie Treat 17g 

All meals include skim milk 12g and margarine. Chocolate skim milk 25g is served on Fridays. The number following the food item is the amount in grams of carbohydrates the food item contains. Salt shaker icon indicates a high sodium day.  Pig icon indicates the meal contains pork.

Dietitian Signature Melanie Wirth, MBA, RDN, LD

Iowa License Number 002127