**WEEK 1**

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| **MONDAY (1)**  **January 6** | **TUESDAY (2)**  **January 7** | **WEDNESDAY (3)**  **January 8** | **THURSDAY (4)**  **January 9** | **FRIDAY (5)**  **January 10** | **SATURDAY (6)**  **January 11** | **SUNDAY (7)**  **January 12** |
| **BREAKFAST** |  |  |  |  |  |  |
| Cream of Wheat  Biscuit and Sausage Gravy  100% Juice with Vit. C  Fruit Bar | Oatmeal  Scrambled Eggs  French Toast w/ Butter & Syrup  100% Juice with Vit. C  Fruit Bar | Cream of Wheat  Pork Sausage Links  Pancake with Butter & Syrup  100% Juice with Vit. C  Fruit Bar | Oatmeal  Bacon  Fried Eggs  100% Juice with Vit. C  Fruit Bar | Cream of Wheat  Boiled Eggs  Muffin  100% Juice with Vit. C  Fruit Bar | Oatmeal  Cheese Omelet  Danish Pastry  100% Juice with Vit. C  Fruit Bar | Cream of Wheat  Pork Sausage Patty  Hash Brown Potatoes  100% Juice with Vit. C  Fruit Bar |
| **LUNCH** |  |  |  |  |  |  |
| Oven Fried Chicken  Green Beans  Corn  Brownie | Turkey Alfredo  Noodles  Green Peas  Orange Slices | Kielbasa  Sauerkraut  Roasted Potato Medley  Fruit Cup | Country Fried Steak  Au Gratin Potatoes  Spinach  Red Velvet Cake | Sweet and Sour Pork  Rice  Mixed Vegetables  Cookie | Meatballs  Pasta  Broccoli  Chocolate Pudding | Salisbury Steak  Scalloped Potatoes  Capri Blend Vegetables  Fruit Pie |
| **DINNER** |  |  |  |  |  |  |
| Macaroni and Cheese  Tossed Salad  Bread with Butter  Fruit Mix | Battered Fish  Potato Wedges  Coleslaw  German Chocolate Cake | Chicken Enchilada  Spanish Rice  Refried Beans  Tres Leches Cake | Cheese Ravioli  Green Beans  Dinner Roll  Strawberries | Pizza  Green Salad  Breadstick  Grapes | Eggs Salad Sandwich  Chips  Crudites  Diced Pears | Lasagna  Caesar Salad  Garlic Bread  Mandarin Oranges |

**WEEK 2**

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| **MONDAY (8)**  **January 13** | **TUESDAY (9)**  **January 14** | **WEDNESDAY (10)**  **January 15** | **THURSDAY (11)**  **January 16** | **FRIDAY (12)**  **January 17** | **SATURDAY (13)**  **January 18** | **SUNDAY (14)**  **January 19** |
| **BREAKFAST** |  |  |  |  |  |  |
| Oatmeal  Bacon  Scrambled Eggs  100% Juice with Vit. C  Fruit Bar | Cream of Wheat  Cheese Omelet  Raisin Toast  100% Juice with Vit. C  Fruit Bar | Oatmeal  Biscuit & Sausage Gravy  100% Juice with Vit. C  Fruit Bar | Cream of Wheat  Breakfast Sandwich  100% Juice with Vit. C  Fruit Bars | Oatmeal  Fried Eggs  Pork Sausage Links  100% Juice with Vit. C  Fruit Bar | Cream of Wheat  Breakfast Burrito  100% Juice with Vit. C  Fruit Bar | Oatmeal  Boiled Eggs  Danish Pastry  100% Juice with Vit. C  Fruit Bar |
| **LUNCH** |  |  |  |  |  |  |
| Herbed Baked Fish  Paprika Rice  Brussels Sprouts  Frosted Cake | Roast Beef  Noodles  Seasoned Carrots  Ice Cream | Baked Chicken  Garden Rice  Green Beans  Diced Pears | Baked Pork Loin  Blackeye Peas  Cauliflower  Brownie | Battered Fish  Corn  Broccoli  Diced Peaches | Mushroom Chopped Steak  Seasoned Potatoes  Green Peas  Lemon Bar | Cranberry Glazed Pork  Sweet Potatoes  Seasoned Carrots  Angel Food Cake |
| **DINNER** |  |  |  |  |  |  |
| Sloppy Joe on a Bun  Tater Tots  California Blend Vegetables  Fruit Cobbler | Swiss Spinach Quiche  Sweet Potato Fries  Cucumber Onion Salad Fresh Orange Slices | Kielbasa  Scalloped Potatoes  Sauerkraut  Strawberries and Bananas | Chicken Patty on a Bun  Relish Plate  French Fries  Fruit Cup | Spaghetti with Meat Sauce  Italian Vegetables  Garlic Bread  Banana Cream Pie | Macaroni and Cheese  Mixed Vegetables  Bread with Butter  Mandarin Oranges | Egg Salad Sandwich  Tossed Salad  Chips  Cookies |

**WEEK 3**

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| **MONDAY (15)**  **January 20** | **TUESDAY (16)**  **January 21** | **WEDNESDAY (17)**  **January 22** | **THURSDAY (18)**  **January 23** | **FRIDAY (19)**  **January 24** | **SATURDAY (20)**  **January 25** | **SUNDAY (21)**  **January 26** |
| **BREAKFAST** |  |  |  |  |  |  |
| Cream of Wheat  Cheese Omelet  Raisin Toast  100% Juice with Vit. C  Fruit Bar | Oatmeal  Bacon  Waffle w/ Butter & Syrup  100% Juice with Vit. C  Fruit Bar | Cream of Wheat  Fried Eggs  Croissant  100% Juice with Vit. C  Fruit Bar | Oatmeal  Biscuit & Sausage Gravy  100% Juice with Vit. C  Fruit Bar | Cream of Wheat  Breakfast Sandwich  100% Juice with Vit. C  Fruit Bar | Oatmeal  Pork Sausage Links  French Toast w/ Butter & Syrup  100% Juice with Vit. C  Fruit Bar | Cream of Wheat  Bacon  Scrambled Eggs & Cheese  100% Juice with Vit. C  Fruit Bar |
| **LUNCH** |  |  |  |  |  |  |
| Cheeseburger on Bun  Relish Plate  French Fries  Diced Peaches | Beef Stew  Biscuit  Mixed Green Salad  Pears | Pulled Pork on Bun  Potato Salad  Seasoned Broccoli  Lemon Meringue Pie | Battered Fish  Potato Wedges  Seasoned Peas  Pumpkin Pie | Chicken Fajitas  Black Beans  Sauteed Onions & Peppers  Ice Cream | Salisbury Steak  Buttered Rice  Green Beans  Peach Pie | Chicken Tenders  Tater Tots  Parslied Carrots  Frosted Cake |
| **DINNER** |  |  |  |  |  |  |
| Smoked Sausage  Rice  Sauteed Onions & Peppers  Pineapples | Baked Manicotti Pasta  Italian Vegetables  Breadstick  Lemon Bar | Fruit & Cottage Cheese Plate  Tossed Salad  Cookies | Swedish Meatballs  Buttered Noodles  Parslied Cauliflower  Mandarin Oranges | Tuna Salad Sandwich  Chips  Coleslaw  Butterscotch Pudding | Crab Cakes  French Fries  Breaded Zucchini  Brownie | Macaroni and Cheese  Tossed Salad  Garlic Breadstick  Fruit Mix |

**WEEK 4**

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| **MONDAY (22)**  **January 27** | **TUESDAY (23)**  **January 28** | **WEDNESDAY (24)**  **January 29** | **THURSDAY (25)**  **January 30** | **FRIDAY (26)**  **January 31** | **SATURDAY (27)**  **February 1** | **SUNDAY (28)**  **February 2** |
| **BREAKFAST** |  |  |  |  |  |  |
| Oatmeal  Pork Sausage Patty  Fried Eggs  100% Juice with Vit. C  Fruit Bar | Cream of Wheat  Cheese Omelet  Cinnamon Toast  100% Juice with Vit. C  Fruit Bar | Oatmeal  Breakfast Sandwich  100% Juice with Vit. C  Fruit Bar | Cream of Wheat  Waffle w/ Butter & Syrup  Bacon  100% Juice with Vit. C  Fruit Bars | Oatmeal  Pork Sausage Links  Pancake w/ Butter & Syrup  100% Juice with Vit. C  Fruit Bar | Cream of Wheat  Cheese Omelet  Danish Pastry  100% Juice with Vit. C  Fruit Bar | Oatmeal  Scrambled Eggs  Muffin  100% Juice with Vit. C  Fruit Bar |
| **LUNCH** |  |  |  |  |  |  |
| Meatballs  Mashed Potatoes  Butternut Squash  Diced Pears | Peppered Pork Loin  Blackeye Peas  Green Beans  Grapes | Country Fried Steak  Au Gratin Potatoes  Spinach  Ice Cream | Salisbury Steak w/ Onion Gravy  Noodles  Parslied Carrots  Strawberries | Pork Chop  Pinto Beans  Cauliflower  Brownie | Sweet and Sour Chicken  Rice  Mixed Vegetables  Fruit Cobbler | Baked Ham  Sweet Potatoes  Brussels Sprouts  Vanilla Pudding |
| **DINNER** |  |  |  |  |  |  |
| Chicken Teriyaki  Rice  Broccoli  Mandarin Oranges | Chili with Cheese  Cornbread  Tossed Salad Peaches | Chicken Patty on Bun  Sweet Potato Fries  Relish Plate  Chocolate Chip Cookies | Turkey & Swiss Sandwich  Pickled Beets  Chips  Sherbet | Roast Beef  Roasted Potato Medley  Green Peas  Angel Food Cake | Tuna Salad Sandwich  Three Bean Salad  Chips  Diced Peaches | Cheese Quesadilla  Spanish Rice  Refried Beans  Pineapples |