

January 2019 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Written By: Carolynn Scott</p> <p>Menu Approved By: Jill Riffle MS, RDN, LD</p>	<p>1</p> <p>HAPPY NEW YEAR 2019 Site Closed</p>	<p>2</p> <p>*Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c Green Peas ½ c Blueberry Muffin 2 oz. Chunky Applesauce ½ c</p>	<p>3</p> <p>*Swiss Steak 3 oz./Gravy 2 oz. *Mashed Potatoes ½ c Green Beans ½ c W. G. Dinner Roll 2 oz Tropical Fruit ½ c</p>	<p>4</p> <p>*Chili Con Carne 8 oz. Mixed Vegetables ½ c Corn Muffin 2 oz. Apple Juice 4 oz. Banana</p>
<p>7</p> <p>*BBQ Chicken Breast 3 oz. *Butternut Squash & Sweet Potato Medley ½ c Brussel Sprouts ½ c Whole Grain Buttermilk Biscuit 2 oz. Orange Juice 4 oz.</p>	<p>8</p> <p>*Sweet & Sour Meatballs 3-1 oz. Sauce 2 oz. *Brown Rice ½ c Oriental Blend Vegetables ½ c Baby Lima Beans ½ c Whole Grain Wheat Banana</p>	<p>9</p> <p>*Stuffed Cabbage 6 oz. *w/Sauce 2 oz *Mashed Potatoes ½ c Corn w/ Red Peppers ½ c 2 Whole Grain Wheat Sliced Apricots ½ c</p>	<p>10</p> <p>*Beef Stroganoff 4 oz. *Noodles ½ c Harvard Beets ½ c Green Peas ½ c Whole Grain White Pineapple Chunks ½ c</p>	<p>11</p> <p>*2 (2oz.) Stuffed Shells *w/Sauce 2 oz. Spinach ½ c Lemon Juice 1 PC California Blend ½ c W. G. Garlic Toast 2 oz. Sliced Pears ½ c</p>
<p>14</p> <p>*Breaded Fish 4 oz. Tartar Sauce 1 PC/Ketchup 1 PC Seasoned Wedge Potatoes ½ c Broccoli ½ c 2 Whole Grain Wheat Sliced Peaches ½ c</p>	<p>15</p> <p>*Cheese Ravioli 6 oz. Green Peas ½ c Baby Carrots ½ c Whole Grain Breadsticks 2 oz. Sliced Apricots ½ c</p>	<p>16</p> <p>*BBQ Rib Patty 3 oz. *Sweet Potatoes ½ c Brussel Sprouts ½ c Whole Grain Bun Chunky Applesauce ½ c</p>	<p>17</p> <p>*Breaded Chicken Breast Pattie 3.75 oz *Mashed Potatoes ½ c /Gravy 2 oz Spinach ½ c w/ Vinegar 1 PC Whole Grain Wheat Orange Whole Grain Vanilla Wafers</p>	<p>18</p> <p>*Beef Meatloaf w/Glaze 3 oz. *Baked Beans ½ c Mixed Vegetables ½ c 2 Whole Grain White Tropical Fruit ½ c</p>
<p>21</p> <p>Martin Luther King Day</p> <p>Site Closed</p>	<p>22</p> <p>*Vegetable Lasagna 6 oz. Green Peas ½ c Brussel Sprouts ½ c Whole Grain Wheat Pineapple Chunks ½ c W. Grain Vanilla Wafers</p>	<p>23</p> <p>*Salisbury Steak 3 oz. *Gravy 2 oz. *Mashed Potatoes ½ c Harvard Beets ½ c W. G. Buttermilk Biscuit 2 oz. Mixed Fruit ½ c</p>	<p>24</p> <p>*Beef Sloppy Joe 4 oz. Seasoned Wedge Potatoes ½ c Ketchup 1 PC Mixed Vegetables ½ c Whole Grain Bun Banana</p>	<p>25</p> <p>*Chicken Breast Stuffed w/ Broccoli 6 oz. Green Beans ½ c Baby Carrots ½ c 2 Whole Grain White Sliced Apricots ½ c</p>
<p>28</p> <p>*Swedish Meatballs 6 oz. Sauce 2 oz *Noodles ½ c Buttered Beets ½ c Mixed Vegetables ½ c Whole Grain White Sliced Pears ½ c</p>	<p>29</p> <p>*Stuffed Pepper 6 oz. *w/ Sauce 2 oz. *Mashed Potatoes ½ c Kernel Corn ½ c 2 Whole Grain Wheat Mandarin Oranges ½ c</p>	<p>30</p> <p>*Lemon Gravy Chicken Breast 3 oz. *Butternut Squash ½ c Spinach ½ c w/ Vinegar 1 PC Whole Grain Dinner Roll 2 oz. Sliced Peaches ½ c</p>	<p>31</p> <p>*Sliced Ham 3 oz. w/ Pineapple Glaze *Scalloped Potatoes ½ c Cauliflower/Broccoli ½ c 2 Whole Grain White Bread Cinnamon Applesauce ½ c</p>	<p>Choice of : 1% Milk or Buttermilk</p>