

VPAS JANUARY 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4		1 NEW YEAR'S DAY	2 Turkey Burger-3oz 1 Cup Garden Salad Green Pea 4oz Mayo Mustard PCs-1ea Sliced Cheese- 1 slice Whole Wheat Kaiser Roll-1ea Watermelon Cube 4oz Assorted Milk 8oz	3 Roast Eye of Round-3oz Beef Gravy- 2oz Roasted Herb Potatoes-4oz Carrots- 4oz Applesauce-4oz WW Dinner Roll-2oz Assorted Milk- 8oz	4 Roast Turkey-3oz Turkey Gravy-2oz Country Mashed Potatoes-4oz Chopped Spinach-4oz Fresh Fruit- 1each WW Dinner Roll-2oz Assorted Milk-8oz
Week 5	7 Roast Pork on WW Bun -3oz Baked Potato- 4 oz Peas-4oz Fresh Fruit Assorted Milk-8oz	8 Meat Lasagna-1ea Italian Mix Veg-8oz Fresh Orange-1ea WW Dinner Roll-2oz Assorted Milk-8oz	9 Chicken Salad Sandwich on wheat-3oz/2 Slices 1 Cup Garden Salad Vegetable Blend 4oz Mayo PC's 1 each Fresh Orange 1 ea. Assorted Milk-8oz	10 Marinated Chicken Breast - 3 oz Baked Potato - 1 each Sliced Carrots - 4 oz Fresh Banana - 1 each WW Dinner Roll - 2 oz Assorted Milk - 8 oz	11 Hamburger on WW Bun - 3oz/2oz Oven Roasted Potatoes - 4 oz Green Peas - 4 oz Fresh Fruit - 1 each Assorted Milk - 8oz
Week 1	14 Turkey A La King - 3oz Egg Noodles - 4 oz Italian Green Beans -4oz Peach Slices - 4 oz WW Dinner Roll - 2 oz Assorted Milk	15 Chicken Patty on WW Bun - 3oz Potato Wedges-4oz Lima Beans-4oz Sliced Pears-4oz Assorted Milk-8oz	16 Chicken Alfredo-4oz Brussel Sprouts-4oz Penne Pasta - 4 oz Canned Pears-4oz WW Dinner Roll-2oz Assorted Milk-8oz	17 Open Face Roast Beef and Gravy on WW Bread 3oz/2oz Mashed Potatoes-4oz Mixed Vegetables-4oz Fresh Banana-1 ea Assorted Milk 8oz	18 Herb Baked Chicken Breast -3oz Macaroni and Cheese-4oz Spinach-8oz Fresh Fruit in Season 1 ea Assorted Milk-8oz
Week 2	21 CLOSED	22 Hamburger on WW Bun -3oz Corn -4oz Potato Salad -4oz Watermelon Wedge - 1 each Assorted Milk -8oz	23 Baked Mac & Cheese - 4oz Broccoli Cuts - 4 oz Brussel Sprouts - 4 oz Canned Pears - 4 oz Dinner Roll - 2 oz Assorted Milk - 8 oz	24 Lemon Pepper Grilled Chicken-3oz Baked Beans-4oz Buttered Peas-4oz Fresh Apple WW Dinner Roll-1each Assorted Milk-8oz	25 Old Fashioned Beef Stew -8oz Egg Noodles-4oz Spinach-4oz Peach Slices-4oz WW Dinner Roll-2oz Assorted Milk-8oz
Week 3	28 BBQ Riblet Sandwich on WW Bun -3oz Brown Rice-4oz Sliced Zucchini and Tomatoes-4oz Pineapple-4oz Assorted Milk-8oz	29 Herb Baked Chicken Breast -3oz Macaroni and Cheese-4oz Spinach-8oz Fresh Fruit in Season 1 ea. WW Dinner Roll-2oz Assorted Milk-8oz	30 Traditional Meatloaf-3oz Fresh Sliced Scallop Potatoes-4oz Lima Beans-4oz Sliced Pears-4oz Dinner Roll-2oz Assorted Milk-8oz	31 Chicken Nuggets-3 oz (4 nuggets) Mashed Potatoes-4oz Mixed Vegetables-4oz Fresh Banana-1 ea. WW Dinner Roll-2oz Assorted Milk 8oz	

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