

MERCER COUNTY NUTRITION LUNCHEES
January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 HAPPY NEW YEAR NUTRITION SITES CLOSED</p> 	<p>2 SALISBURY STEAK W/GRAVY LENTIL SOUP TRI-COLOR POTATO MEDLEY BRUSSEL SPROUTS WHOLE WHEAT DINNER ROLL BROWNIE</p>	<p>3 BEEF STEW JUICE WIDE NOODLES WINTER BLEND VEGETABLES DINNER ROLL LEMON BARS</p>	<p>4 CHICKEN PARMESAN W/TOMATO SAUCE AND PARMESAN CHEESE JUICE ROASTED REDSKIN POTATOES CARROT COINS WHOLE WHEAT BREAD FIG BAR</p>	<p>5 PIZZA W/ MUSHROOMS NEW ENGLAND CLAM CHOWDER CORN & BLACK BEAN SALAD SPINACH APPLE SLICES</p>
<p>8 KIELBASA W/ SAUERBRAUT & MUSTARD JUICE POTATO PANCAKES W/KETCHUP RED CABBAGE WHOLE WHEAT CLUB ROLL VANILLA PUDDING</p>	<p>9 BEEF TERIYAKI & BROCCOLI JUICE LO MEIN NOODLES W/ TERIYAKI SAUCE ORIENTAL VEGETABLES PUMPERNICKEL & RYE SWIRL FRUIT COCKTAIL</p>	<p>10 <i>SUPER WEDNESDAY</i> (SOUP & SANDWICH) WHEAT WRAP W/ ROASTED TURKEY, PROVOLONE CHEESE, AND LETTUCE W/MAYO BEEF BARLEY SOUP MACARONI SALAD BROCCOLI SALAD FRESH ORANGE</p>	<p>11 CHEESE TORTELLINI W/CHEESE SAUCE JUICE STRING BEAN & KIDNEY BEAN SALAD SALAD W/ROMANE LETTUCE, CROUTONS, PARMESAN CHEESE AND LIGHT CAESAR DRESSING ITALIAN BREAD GRAHAM CRACKERS</p>	<p>12 <i>MILK LUNCHEON</i> FRIED CHICKEN/NO GRAVY CORN CHOWDER MASHED POTATOES SNAP PEAS WHOLE WHEAT BREAD SWEET POTATO PIE</p>
<p>15 MARTIN LUTHER KING HOLIDAY</p>  <p>NUTRITION CLOSED</p>	<p>16 <i>FITNESS TUESDAY</i> A SALAD WITH CHICKEN STRIPS, ROMANE LETTUCE, TOMATO, SHREDDED CARROTS & ITALIAN DRESSING MINESTRONE SOUP SUN CHIPS DINNER ROLL GRANOLA BAR</p>	<p>17 CRAB CAKE W/ TARTAR SAUCE JUICE MACARONI AND CHEESE STEW TOMATOES RYE BREAD GRAHAM CRACKERS</p>	<p>18 MEATBALLS W/TOMATO SAUCE AND PARMESAN CHEESE JUICE SPAGHETTI WITH MARRINARA SAUCE ITALIAN VEGETABLES ITALIAN BREAD RASPBERRY YOGURT</p>	<p>19 TUNA SALAD ON LETTUCE LEAF W/MAYO PACKETS JUICE PASTA SALAD COLESRAW (2) SLICES OF RYE BREAD RICE PUDDING</p>
<p>22 SWEET ITALIAN SAUSAGE W/TOMATO SAUCE JUICE TATER TOTS W/KETCHUP PEPPERS & ONIONS CLUB ROLL PEAR HALVES</p>	<p>23 EGG SALAD W/LETTUCE ROASTED CHICKEN VEGETABLE SOUP POTATO SALAD TOMATO SLICE (2) SLICES OF RYE BREAD CHOCOLATE PUDDING</p>	<p>24 STUFFED CABBAGE JUICE MASHED POTATOES SPINACH SALAD W/BALSAMIC VINAIGRETTE WHOLE WHEAT BREAD PINEAPPLE TIDBITS</p>	<p>25 CHICKEN CORDON BLEU W/GRAVY JUICE WILD & BROWN RICE BLEND SPINACH PUMPERNICKEL BREAD STRAWBERRY YOGURT</p>	<p>26 LEMON PEPPER FISH W/TARTAR SAUCE VEGETARIAN VEGETABLE SOUP POTATOES AU GRATIN GREEN BEANS RYE BREAD ICE CREAM CUP</p>
<p>29 SWEET & SOUR CHICKEN CONSSOMME VEGETABLE FRIED RICE BROCCOLI DINNER ROLL LEMON BARS</p>	<p>30 SLICED LOIN OF PORK W/ APPLE GRAVY JUICE SWEET POTATO CHUNKS CAULIFLOWER WHOLE WHEAT BREAD MANDARIN ORANGES</p>	<p>31 BEEF BURGER W/PROVOLONE CHEESE/W/KETCHUP AND MAYO JUICE TATOR TOTS W/KETCHUP LETTUCE, SLICED TOMATO, & SLICED ONION WHOLE WHEAT HAMBURGER BUN BANANA</p>	<p align="center">  </p>	<p>DAILY MEAL INCLUDES: MILK, MARGARINE AND HOT BEVERAGE MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>