



Lunch menu

January 2021

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| | | | | Barbeque pulled pork 1 Black-eyed peas Cabbage Corn muffin Gelatin with fruit Beverage |
| Chicken fingers with 4 honey mustard sauce Peas and carrots Macaroni and cheese Applesauce Beverage | Barbeque chicken 5 Green beans California pasta salad Apple cobbler Beverage | Beef hotdog with 6 ketchup and mustard Potato wedges Cabbage Hotdog bun Banana Beverage | Salisbury steak with 7 mushrooms Collard greens Squash with onions Whole-wheat roll Fruit cup Beverage | Chicken sandwich 8 with lettuce and tomato Vegetable soup Whole-wheat bread Yogurt Beverage |
| Cube steak with gravy 11 Mashed potatoes Broccoli with cheese Whole-wheat roll Diced peaches Beverage | Chicken fricassee 12 Green beans Steamed rice Apple cobbler Beverage | Turkey and cheese 13 Potato salad Lettuce and tomatoes Hoagie roll Banana pudding Beverage | Pot roast with 14 carrots and onions Cabbage Butter beans Rice Pineapple tidbits Beverage | Shana's creole fish 15 Vegetable medley Lima beans Whole-wheat roll Gelatin Beverage |
| Baked ziti 18 Winter squash Carrots Pineapple Tidbits Beverage | Chili with beans 19 Cabbage Cornbread muffin Margarine Apple brown betty Beverage | Ranch baked chicken 20 Squash casserole Lima beans Whole-wheat roll Fresh fruit Beverage | Spaghetti with meat 21 sauce Broccoli Baby carrots Garlic bread Banana pudding Beverage | Barbeque chicken 22 Collard greens Black-eyed peas Yellow rice Gelatin with fruit Beverage |
| Chicken & Dumplings 25 Sliced sweet carrots Steamed broccoli Fruit cup Beverage | Pot roast with 26 carrots and onions Green Beans Mashed potatoes Oatmeal cream cookie Beverage | Lemon baked fish 27 Okra and tomatoes Coleslaw Rice Orange Beverage | Baked chicken with 28 mushroom gravy Lima beans Tossed salad with dressing Banana Beverage | Cheeseburger 29 Baked beans Lettuce, tomatoes, onion Hamburger bun Peach cobbler Beverage |

*Menu subject to market availability

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