

January 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Recent studies have shown that people who eat out at least 13 times a month (about three times a week) consume nearly 32% more calories per day than people who ate out no more than four times per month. That is because restaurant portions are so large; many times the entree alone has more than 1,000 calories, between 60-70% of the calories you need a day and that is only for the entree. Dessert can be another 1,000 calories.</p>			<p>1</p> <p>NEW YEAR'S DAY</p>	<p>2</p> <p>Beef Burgundy Buttered Noodles Green Beans 100 % Whole Wheat Bread Orange</p>
<p>5</p> <p>Baked Ham** Sweet Potatoes Brussels Sprouts w/Cheese Sauce Biscuit Peaches</p>	<p>6</p> <p>Pepper Steak Minestrone Soup Corn w/Pimiento Rye Bread Pineapple</p>	<p>7</p> <p>Macaroni & Cheese Stewed Tomatoes Green Beans 100% Whole Wheat Bread Cookie*</p>	<p>8</p> <p>Cabbage Casserole Glazed Carrots Winter Blend Multi Grain Bread Banana</p>	<p>9</p> <p>Chicken a la King Wide Noodles Broccoli Sourdough Bread Pudding w/Topping*</p>
<p>12</p> <p>Barbecued Pork Irish Potatoes Peas w/Mushrooms 100% Whole Wheat Bread Mixed Fruit</p>	<p>Potato Leek Soup Chicken Salad Mixed Greens Hamburger Roll Hot Spiced Pears</p>	<p>14</p> <p>Shepherd's Pie Mashed Potatoes Beets Rye Bread Peaches</p>	<p>15</p> <p>Baked Chicken Louisiana Rice Spinach Multi Grain Bread Pudding w/Topping*</p>	<p>16</p> <p>Salmon Boat w/Sauce Boiled Red Potatoes Broccoli Potato Bread Applesauce</p>
<p>19</p> <p>MARTIN LUTHER KING DAY</p>	<p>20</p> <p>Veal Parmesan Shells w/Tomato Sauce Italian Green Beans Italian Bread Pineapple</p>	<p>21</p> <p>Roast Turkey w/Gravy Garlic Mashed Potatoes Butternut Squash Wheat Dinner Roll Pudding w/Topping*</p>	<p>22</p> <p>Chicken Cacciatore Buttered Noodles Peas & Carrots 100% Whole Wheat Bread Orange</p>	<p>23</p> <p>Hot Dog** Cream of Broccoli Soup Baked Beans Hot Dog Roll Applesauce</p>
<p>26</p> <p>Baked Fish Roast Potatoes Creamed Carrots 100% Whole Wheat Bread Peaches</p>	<p>27</p> <p>Barbecued Chicken Rice Pilaf w/Bulgur Butternut Squash Multi-Grain Bread Pineapple</p>	<p>28</p> <p>Liver & Onions Mashed Potatoes Succotash Rye Bread Mixed Fruit</p>	<p>29</p> <p>Pea Soup Tuna Fish Salad Spinach Hamburger Roll Apple Crisp w/Topping</p>	<p>30</p> <p>Roast Pork w/Gravy Scalloped Potatoes Sweet & Sour Cabbage Sourdough Bread Pudding w/Topping*</p>

If you will not be home when your meal is delivered
PLEASE TELL YOUR DRIVER OR CALL 1-800-981-5201

SUGGESTED VOLUNTARY DONATION
\$2.00 PER MEAL to help defray costs

All contributions are returned to the community toward the cost of nutrition programs and services.