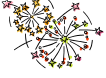


<p><b>January 2019</b></p> 	<p><b>Happy Birthday</b>  <b>Jerry Fogg</b> 4  <b>Karen Ammann</b> 14  <b>Kathy Haun</b> 15  <b>Dale Kari</b> 22</p>	<p><b>TUESDAY 1</b>  <b>Observed</b>  <b>New Year's</b>  <b>Holiday</b>  <b>Closed</b></p> 	<p><b>WEDNESDAY 2</b>  <b>Meat Loaf</b>  <b>Mash. Pot./gravy</b>  <b>Corn</b>  <b>Wheat Roll</b>  <b>Fruit Cocktail</b>  <b>Milk</b></p>	<p><b>THURSDAY 3</b>  <b>Baked Pork Chop</b>  <b>Rice Pilaf</b>  <b>Mixed Vegetables</b>  <b>Wheat Bread</b>  <b>Applesauce</b>  <b>Milk</b></p>	<p><b>FRIDAY 4</b>  <b>Chicken Alfredo</b>  <b>Noodles</b>  <b>Brussels Sprouts</b>  <b>French Bread</b>  <b>Purple Plums</b>  <b>Milk</b></p>	<p><b>SATURDAY 5</b></p>
<p><b>Recommended Serving Sizes</b>  3 oz. meat  ½ cup of vegetables  ½ cup of fruit  2 servings of bread or complex carbohydrate  1 cup of 2% milk</p>	<p><b>MONDAY 7</b>  <b>Beef Fajita</b>  <b>Flour Tortilla</b>  <b>Steamed Rice</b>  <b>Broccoli</b>  <b>Cherries</b>  <b>Milk</b></p>	<p><b>TUESDAY 8</b>  <b>White Bean</b>  <b>Chicken Chili</b>  <b>Tossed Salad</b>  <b>Cinnamon Roll</b>  <b>Peaches</b>  <b>Milk</b></p>	<p><b>WEDNESDAY 9</b>  <b>Sloppy Joe</b>  <b>French Fries</b>  <b>Coleslaw</b>  <b>Brownie</b>  <b>Milk</b></p>	<p><b>THURSDAY 10</b>  <b>Hot Turkey Sand.</b>  <b>Mash. Pot./gravy</b>  <b>Beets</b>  <b>Strawberries</b>  <b>Milk</b></p>	<p><b>FRIDAY 11</b>  <b>Tuna Casserole</b>  <b>Green Beans</b>  <b>Wheat Roll</b>  <b>Apricots</b>  <b>Milk</b></p>	<p><b>SATURDAY 12</b>  <b>Elk Mt Breakfast</b>  <b>9:00 A.M.</b>  <b>French Toast</b>  <b>Bacon</b>  <b>Juice</b></p>
	<p><b>MONDAY 14</b>  <b>Shepherd's Pie</b>  <b>Spinach</b>  <b>Wheat Bread</b>  <b>Cinnamon Apples</b>  <b>Milk</b></p>	<p><b>TUESDAY 15</b>  <b>Tomato Soup</b>  <b>Ham/Cheese Sand.</b>  <b>Pickle</b>  <b>Fruit Cocktail</b>  <b>Choc. Chip Cookie</b>  <b>Milk</b></p>	<p><b>WEDNESDAY 16</b>  <b>Chicken Enchilada</b>  <b>Spanish Rice</b>  <b>Zucchini</b>  <b>Pear Crisp</b>  <b>Milk</b></p>	<p><b>THURSDAY 17</b>  <b>Lasagna</b>  <b>Italian Vegetables</b>  <b>Garlic Bread</b>  <b>Peaches</b>  <b>Milk</b></p>	<p><b>FRIDAY 18</b>  <b>Chicken Fried Steak</b>  <b>Mash. Pot./gravy</b>  <b>Carrots</b>  <b>Wheat Roll</b>  <b>Pineapple Upside</b>  <b>Down Cake</b>  <b>Milk</b></p>	<p><b>SATURDAY 19</b></p>
	<p><b>MONDAY 21</b>  <b>Swedish Meatballs</b>  <b>Noodles</b>  <b>Asparagus</b>  <b>Wheat Bread</b>  <b>Mandarin Oranges</b>  <b>Milk</b></p>	<p><b>TUESDAY 22</b>  <b>Beef Roast</b>  <b>Mash. Pot./gravy</b>  <b>Squash Blend</b>  <b>Wheat Roll</b>  <b>Apricots</b>  <b>Milk</b></p>	<p><b>WEDNESDAY 23</b>  <b>Chili</b>  <b>Cheese/onion</b>  <b>Tossed Salad</b>  <b>Corn Bread</b>  <b>Strawberries</b>  <b>Milk</b></p>	<p><b>THURSDAY 24</b>  <b>Pork Roast</b>  <b>Sweet Potato</b>  <b>Cauliflower</b>  <b>Wheat Bread</b>  <b>Orange Whip</b>  <b>Milk</b></p>	<p><b>FRIDAY 25</b>  <b>Baked Fish</b>  <b>Wild Rice Blend</b>  <b>Creamed Peas</b>  <b>Wheat Roll</b>  <b>Fruited Jell-O</b>  <b>Whipped Topping</b>  <b>Milk</b></p>	<p><b>SATURDAY 26</b>  <b>Elk Mt Breakfast</b>  <b>9:00 A.M.</b>  <b>Scrambled Eggs</b>  <b>Hash Browns</b>  <b>Sausage Patty</b>  <b>English Muffin</b></p>
	<p><b>MONDAY 28</b>  <b>Beef Tacos</b>  <b>Tomato, lettuce, cheese</b>  <b>Refried Beans</b>  <b>Corn</b>  <b>Pears</b>  <b>Milk</b></p>	<p><b>TUESDAY 29</b>  <b>Oven Chicken</b>  <b>Mash. Pot./gravy</b>  <b>Mixed Vegetables</b>  <b>Wheat Roll</b>  <b>Cherries</b>  <b>Milk</b></p>	<p><b>WEDNESDAY 30</b>  <b>Spaghetti/Meat</b>  <b>sauce</b>  <b>Tossed Salad</b>  <b>Garlic Bread</b>  <b>Citrus Fruit</b>  <b>Milk</b></p>	<p><b>THURSDAY 31</b>  <b>Chicken Strips</b>  <b>Tater Tots</b>  <b>Beets</b>  <b>Wheat Bread</b>  <b>Purple Plums</b>  <b>Milk</b></p>		