

LUNCH CALENDAR

JANUARY, 2019

Whole grain bread or an alternate and 2% milk are offered with each meal. Luncheon reservations are required. Menu is subject to change. The Fulton County Meal Program is financed with meal donations, local levy funds, and AOoA grant funding. Ingredient information is available upon request.

Meal Reservations: 419-337-9299

SUGGESTED DONATION: \$2.00. LUNCH SERVED AT NOON.

LS Alt = Lower Sodium Alternative (**Items must be ordered at least one week in advance**)

LF Alt = Low Fat Alternate (**Items must be ordered at least one week in advance**)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
| | 1 CLOSED HAPPY NEW YEAR | 2 Smothered Pork Chops Mashed Potatoes Green Beans Pineapple Pudding | 3 Beef & Cabbage Soup Egg Salad Sandwich Tossed Salad Jell-O | 4 Baked Ham (LS Alt=Pork Loin) Scalloped Potatoes Steamed Broccoli Baked Apples |
| 7 Cabbage Rolls Mashed Potatoes Cook's Choice Vegetable Apple Slices w/Dip | 8 Chicken Tenders Au Gratin Potatoes Brussels Sprouts Fruit Cocktail Wauseon Site Only: Baked Fish | 9 Lasagna Steamed Cauliflower Italian Green Beans Fresh Grapes Pie | 10 Ham Loaf (LS Alt=Meatloaf) Sweet Potatoes Cole Slaw Apple Sauce | 11 Rib Patty Sandwich Ranch Style Beans Malibu Blend Vegetables Fruit Salad |
| 14 Beef & Noodles Mashed Potatoes Green Beans Apricots | 15 White Chicken Chili Tossed Salad Cheese Cubes Mandarin Oranges | 16 Pot Roast Boiled Potatoes Carrots Tropical Fruit | 17 Sausage & Kraut (LS Alt=Pork Roast) Smashed Red Potatoes Winter Squash Fruit Juice | 18 Salisbury Steak Mashed Potatoes Seasoned Corn Fruit Compote Wauseon Site Only: Liver & Onions |
| 21 CLOSED FOR MARTIN LUTHER KING JR. DAY | 22 Creamed Chipped Beef Mashed Potatoes Mixed Vegetables Peaches Cookies | 23 Baked Chicken Dressing Stewed Tomatoes Bananas Fruit Juice | 24 Cheese Burgers Potato Chips Baked Beans Seasoned Spinach Orange Segments | 25 Potato Soup Ground Bologna Sandwich (LS Alt=Chicken Salad) Broccoli Salad Grape Salad |
| 28 Steamed Franks (LS Alt=Turkey Franks) Macaroni & Cheese California Blend Vegetable Pears Fruit Juice | 29 Goulash Summer Squash Tossed Salad Fruit Crisp | 30 Swiss Steak Mashed Potatoes Green & Wax Beans Fresh Fruit | 31 Chicken Alfredo Pasta Peas & Mushrooms Steamed Carrots Pineapple Sites Only: Taco Day | |

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