

LUNCH CALENDAR

JANUARY, 2022

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
Cabbage Rolls 3 Mashed Potatoes Cook's Choice Vegetable Peaches	Baked Ham 4 (LSA= Pork Roast) Scalloped Potatoes Brussels Sprouts Mixed Fruit Fruit Bars	Chicken Vegetable Soup 5 Tossed Salad Pickled Beets Cottage Cheese	Braised Beef Tips 6 Mashed Potatoes Green Beans Fresh Fruit	Fish Sandwich 7 Macaroni & Cheese Stewed Tomatoes Fresh Grapes Juice
Steamed Franks 10 (LS Alt=Chicken Breast) Baked Beans Winter Blend Vegetable Dark Sweet Cherries	Shepherd's Pie 11 Summer Squash Fruit Crisp	Baked Chicken 12 Mashed Potatoes Peas & Mushrooms Cranberry Sauce	Navy Bean Soup 13 (LSA = Vegetable Soup) Deli Chicken Sandwich Three Bean Salad Sunshine Salad	Goulash 14 Cooked Cabbage Sugar Snap Peas Tangerines Muffins
SITES CLOSED FOR MLK DAY 17	Teriyaki Chicken 18 Steamed Brown Rice Far East Vegetable Blend Pineapple Juice	Pasta w/Meat Sauce 19 Steamed Broccoli Sliced Carrots Pears	Sausage, Egg and Cheese 20 Breakfast Sandwich Hash Brown Casserole Italian Blend Vegetable Fruit Salad	Hamloaf 21 (LS Alt=Meatloaf) Sweet Potatoes Cole Slaw Baked Apples
Swiss Steak 24 Mashed Potatoes Peas & Carrots Apples	Split Pea Soup 25 (LSA= Tomato Soup) Turkey Sandwich Broccoli Slaw Orange Cranberry Relish	Beef & Noodles 26 Mashed Potatoes Green Beans Bananas	Breaded Chicken Strips 27 Au Gratin Potatoes Mixed Vegetables Orange Sections Ice Cream	Cheese Burgers 28 Seasoned Potato Wedges Normandy Blend Vegetable Plums
Rib Patty Sandwich 31 Succotash Cole Slaw Fruit Crunch				