



Senior Lunch Clubs January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 Pork Lion w/ Gravy, Collard Greens, Cranberry Juice, Black-Eyed Peas, Cornbread, Margarine, Escaloped Apples, Milk, Vinegar	3 Cheeseburger w/ Lettuce & Tomato, Baked Beans Milk, Mustard, Ketchup	4 Beef-A-Roni, Green Beans, Green Peas, Peaches, Italian Bread, Peanut Butter Cookies, Milk, Parmesan Cheese	5 Baked Sliced Ham, Collard Greens, Orange Juice, Great Northern Beans, Wheat Roll, Banana Pudding, Onions, Vinegar, Milk
8 Oven Fried Chicken Breast, Carrots, Apple Juice, Crowder peas, Cornbread, Margarine, Chocolate Pudding, Milk	9 Hamburger Steak w/ Mushroom Gravy, Broccoli Casserole, Mashed Potatoes, Roll, Margarine, Milk	10 Stew Beef w/ Gravy, Mixed Greens, Orange Juice, Rice, Wheat Roll, Margarine, Fruited Gelatin, Milk	11 Chicken Filet w/ Lettuce & Tomato, Applesauce, Baked Beans, Mayonnaise, Milk	12 Beef Stroganoff, Green Beans, Hot Harvard Beets, Wheat Roll, Margarine, Pears, Milk
15  Martin Luther King Jr. Day	16 Grilled Pork Cutlet w/ Gravy, Sauerkraut, Hot Sliced Apples, Cheese Grits, Wheat Roll, Lime Gelatin, Milk	17 Baked Chicken (leg & thigh) w/ Gravy, Mixed Greens, Apple Juice, Scalloped Sweet Potatoes, Roll, White Cake, Milk, Vinegar	18 Spaghetti, Tossed Salad w/ Dressing, Green Beans, Garlic Bread, Pears, Milk	19 Oven Fried Fish, Steamed Cabbage, Fruit Cocktail, Oven Browned Potatoes, Cornbread, Tartar Sauce, Bread Pudding, Milk
22 Chicken Pot Pie w/ Mixed Vegetables, Green Beans, Peaches, Roll, Margarine, Milk	23 Meatloaf w/ Tomato Sauce, Broccoli Casserole, Orange Juice, Whipped Potatoes, Wheat Roll, Margarine, Milk	24 Beef Stroganoff, Peas & Carrots, Pears, Roll, Chocolate Pudding, Milk,	25 Oven Fried Chicken Breast w/ Gravy, Spinach, Apple Juice, Rice, Cornbread, Margarine, Roll	26 BBQ Boneless Rib, Corn, Fruit Cocktail, Lima Beans, Roll, Margarine, Banana Pudding, Milk
29 Chopped Beef BBQ, Coleslaw, Applesauce, Oven Roasted Cheesy Potatoes, Milk	30 Cube Steak w/ Gravy, Green Beans, Fruit Cocktail, Whipped Potatoes, Roll, Margarine	31 Pinto Beans, Turnip Greens, Orange Juice, Macaroni & Cheese, Cornbread, Margarine, Milk, Onions		