
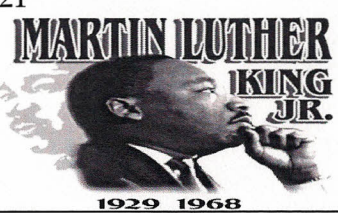


Rufty Holmes Senior Lunch Clubs

Happy New Year!

January 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 	2 BBQ Meatballs, Squash Casserole, Apple Juice, Green Peas, Wheat Roll, Chocolate Chip Cookies, Milk,	3 Lasagna, Tossed Salad, Orange Juice, Garlic Bread, Apple Cobbler, Milk, Reduced Fat Dressing	4 Chicken Dumplings, Buttered Carrots, Mixed Fruit, Cornbread, Margarine, Milk
7 Baked Chicken, Broccoli & Cheese, Cranberry Juice, Corn, Roll, Margarine, Milk	8 Cheeseburger w/ Lettuce & Tomato, Peaches, Baked Beans, Milk, Ketchup, Mustard	9 BBQ Beef Sandwich, Tossed Salad, Hot Apples, Black-Eyed Peas, Reduced Fat Dressing, Milk	10 Baked Sliced Ham, Collard Greens, Orange Juice, Great Northern Beans, Wheat Roll, Banana Pudding, Milk, Onions	11 Chili Con Carne, Coleslaw, Fruit Cocktail, Rice, Cornbread, Margarine, Milk
14 Chicken Filet Sandwich w/ Lettuce & Tomato, Honey Carrots, Cranberry Juice, Baked Beans, Pears, Milk, Mayo	15 Fried Chicken Breast, Green Beans, Peaches, Potato Salad, Whole Wheat Bread, Cookies, Milk, Apple Juice	16 Hot Dog w/ Chili & Onions, Coleslaw, Apple Juice, Baked Beans, Sugar Cookies, Milk, Mustard, Ketchup	17 Spaghetti, Tossed Salad, Garlic Bread, Cherry Cobbler, Parmesan Cheese, Reduced Fat Dressing, Milk	18 Grilled Chicken Breast w/ Gravy, Green Beans, V-8 Juice, Whipped Potatoes, Biscuit, Pound Cake, Milk
21 	22 Pinto Beans, Turnip Greens, Orange Juice, Macaroni & Cheese, Cornbread, Margarine, Milk, Onions, Vinegar	23 Baked Chicken w/ Gravy, Broccoli & Cauliflower Medley, Apple Juice, Black-Eyed Peas, Wheat Roll, Margarine, Sugar Cookies, Milk	24 Salisbury Steak w/ Gravy Bowtie Noodles, Peas, Carrots, Roll, Cherry Cobbler, Milk	25 Chili Con Carne, Coleslaw, Fruit Cocktail, Rice, Cornbread, Margarine, Milk
28 Ham & Cheese on a Bun w/ Lettuce & Tomatoes, Peaches, Potato Salad, Mayo, Mustard, Nutri Grain Bar, Milk	29 Lasagna, Tossed Salad, Garlic Breadstick, Fruited Gelatin, Milk, Reduced Fat Dressing	30 Chicken and Dumplings, Mixed Greens, Stewed Apples, Roll, Margarine, Fig Bar, Milk	31 Meatloaf w/ Tomato Sauce, Chopped Broccoli, Orange Juice, Corn, Wheat Roll, Carrot Cake, Milk	