

For more information call: (315)-536-6038

Monday	Tuesday	Wednesday	Thursday	Friday
3 Ham Slice Sweet Potato Spinach Peaches Promise Margarine 1% Milk Grape Juice	4 Meatballs w/ Sauce Spaghetti Cauliflower Fresh fruit Italian Bread Promise Margarine 1% Milk Apple Juice	5 Chicken w/ Dijon Mustard Sauce Party Rice Peas Applesauce Blueberry Muffin Promise Margarine 1% Milk Orange Juice	6 Braised Beef Tips w/ gravy Mashed Potato Succotash Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	7 Macaroni & Cheese Graham Crackers Stewed Tomatoes Vanilla Yogurt w/ Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice
10 Chili Green Beans Pears Corn Muffin Promise Margarine 1% Milk Orange Juice	11 Sliced Turkey w/ gravy Winter Squash Yellow Beans Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	12 Chicken Parmesan Rotini Carrots Tropical Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	13 Pork Tenderloin w/ gravy Mashed potato Broccoli Fresh Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	14 Lemon Peppered Fish Sweet Potato Beets Pineapple Tidbits 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
17 CLOSED FOR MARTIN LUTHER KING DAY	18 Beef Goulash Prince Edward Veg Pears 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	19 Sensational Pork w/ sensational sauce Mashed Potato Green Beans Apple Crisp w/ topping 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	20 Sweet and Sour Chicken Steamed Rice Mandarin Mixed veg. Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	21 Vegetable Lasagna With alfredo sauce Brussel Sprouts Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
24 Swedish Meatballs Rice Broccoli Pineapple Tidbits 100% Whole Wheat Bread 1% Milk Grape Juice	25 Ham Scalloped Potato Zucchini & Tomatoes Rice Pudding w/ raisins 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	26 BBQ chicken Red Skinned potato Cauliflower Apricots 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	27 Meat Loaf w/onion gravy Rotini Green & White Beans Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	28 Baked Fish w/ dill Sauce Sweet Potato Peas Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
31 Sloppy Joe Supreme w/ sauce Brussels Sprouts Tropical Fruit 100% Whole Wheat Bun Promise Margarine 1% Milk Apple Juice				

Menu subject to change without notice.Voluntary donations are very important to maintain the program. The suggested contribution per meal is \$4.00.

We gladly accept Food Stamps, cash, or checks paid daily, weekly or monthly. Thank you.

If you are not yet 60, there is a charge of \$8.75 per meal. See site foordinator**Substitutions can be made for the entrée meal only. Please call at least 2 days in advance with your choice.**

- A. Macaroni & Cheese with Stewed Tomatoes**
- B. Chicken w/Gravy, Mashed Potatoes, Carrots**
- C. Meatloaf, Yams, Green Beans**
- D. Ham, Mashed Potato, Spinach**