

Harvest of the Month

Brussel Sprouts



How to Pick:

- Brussels sprouts got their name from Brussels, Belgium, where they originated
- One cup of cooked Brussels sprouts has 60 calories and provides vitamin C and A
- Choose small, firm, compact sprouts with unblemished leaves.

Meal Pattern




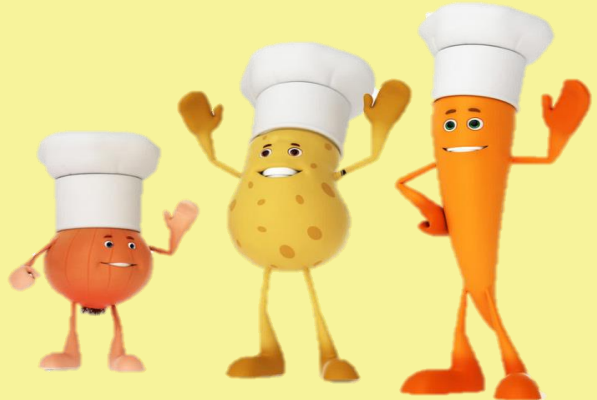






Lunch

- Milk 3/4 cup
- Meat 1 1/2 oz
- Fruit/Veg 1/4 cup each
- Grain 1/2 oz eq



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This institution is an equal opportunity Provider

|    <h1>January 2018</h1> <h2>Menu</h2>  | | | | |
|--|--|---|--|---|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 1  <p>HAPPY NEW YEAR!</p> | 2 Homemade Chili (T), Mixed Vegetables, WG Corn Muffin, Orange, Unflavored 1% Milk | 3 Turkey & Cheese on WG Wheat Bread, Vegetable Alphabet Soup, Sliced Cinnamon Apples, Mayo Pc, Unflavored 1% Milk | 4 Old McDonald Chicken(Chicken w/Veggies), Brown Rice, Mandarin Oranges, Unflavored 1% Milk | 5 Chicken Salad Roll Up, 6" WG Tortilla, Potato Salad, Apple, Unflavored 1% Milk |
| 8 BBQ Riblet, WW Macaroni & Cheese, Stewed Tomatoes, Apricots, Unflavored 1% Milk | 9  <p><i>Latino Cultural Meal - Turkey Enchilada Bake (WG Tortilla), Chopped Salad w/ Cilantro Lime Dressing, Banana, Churro, Unflavored 1% Milk</i></p>   | 10 Cheesesteak, WG Soft Roll, Mandarin Oranges, Cole Slaw, Ketchup Pc, Unflavored 1% Milk | 11 Meatball Florentine (WW Penne Pasta/Spinach/Cheese), Diced Peaches, Unflavored 1% Milk | 12 Roast Turkey w/Gravy, Sweet Potatoes, Collard Greens, Mini WG Breadstick, Unflavored 1% Milk |
| 15  <p>Martin Luther King Jr. Day</p> | 16 Diced Chicken Cheesesteak, WG Soft Bun, Waffle Fries, Ketchup Pc, Fresh Pear, Unflavored 1% Milk | 17 Chef Salad (Julienned Turkey Ham, Julienned Turkey, Shredded Cheese, Salad Mix, Diced Tomato), Orange, Mini WG Breadstick, French Dressing, Unflavored 1% Milk | 18 Chicken Stir Fry, Peppers & Onions, Fried Brown Rice, Applesauce, Unflavored 1% Milk | 19 Cheeseburger, WG Bun, Vegetarian Beans, Diced Pears, Ketchup Pc, Unflavored 1% Milk |
| 22 Tzatziki Chicken WG Pita, 1/2 WG Pita Stuffed w/ Grilled Chicken Cucumbers & Tomatoes topped with Tzatziki Dressing, Apple, Unflavored 1% Milk | 23 Sweet & Sour Chicken, Asian Brown Rice, Oriental Blend Vegetables, Fresh Pear, Unflavored 1% Milk | 24  <p>Winterfest - Beef Stew, WG Biscuit, Baked Cherry Crisp, Applesauce, Unflavored 1% Milk</p> | 25 WG Chicken Drumsticks(3), Corn, Orange, Mini WG Breadstick, Honey Mustard, Unflavored 1% Milk | 26 Meatballs(4), WG Soft Roll, Tossed Salad, Diced Pears, Italian Dressing Pc, Unflavored 1% Milk |
| 29 Soft Chicken Taco, Chilled Black Bean & Corn Salad, 6' WG Tortilla Shell, Shredded Lettuce/Diced Tomatoes, Banana, Unflavored 1% Milk | 30 Ground Beef Stroganoff, Brown Rice, Mixed Vegetables, Apple, Unflavored 1% Milk | 31 Chicken Parmesan, WW Wheat Penne Pasta, Peas, Citrus Salad, Unflavored 1% Milk | 1 | 2 |