



Mon	Tue	Wed	Thu	Fri
	<p>FRIDAY LUNCHES are provided by FTJ, and must be ordered by Monday of the week you want to eat on Friday.</p>	<p>1 WE WILL BE <i>Closed</i> JANUARY 1ST FOR NEW YEAR</p>	<p>2 Beef & Pepper Casserole W/Rice Salad Peach Cobbler</p>	<p>3 Chef Salad Dinner Roll Butterscotch Pudding Cup</p>
<p>6 Chicken Caesar Salad Baked Apple</p>	<p>7 Ground Turkey Spaghetti Green Beans Breadsticks Pears</p>	<p>8 Florentine Fish Zucchini & Onion & Tomatoes Cherry Crisp</p>	<p>9 Mediterranean Chicken Wrap Spinach & Cannellini Beans Rice Pudding</p>	<p>10 Lemon Tarragon Tuna Salad on Bun Potato Chips Fresh Fruit Cookie</p>
<p>13 Macaroni & Cheese Brussel Sprouts Wheat Roll Strawberries</p>	<p>14 Swedish Meatballs Potato Salad Apricots</p>	<p>15 Chicken Teriyaki Rice W/ Peas & Carrots Asian Vegetable Bend Pear Fortune Cookie</p>	<p>16 Parmesan Tilapia W- Pilaf Squash Brownie Bits</p>	<p>17 Italian Wrap Pasta Salad Fresh Fruit Pudding Cup</p>
<p>20 CCS Closed</p> <p>CENTER OPEN</p> 	<p>21 Chicken Tortilla Soup Tortilla Chips Sour Cream & Cheese Mango & Fig Newton</p>	<p>22 Tuna Noodle Casserole W/ Peas Carrot & Raisin Salad Peaches</p>	<p>23 Pork Fajitas W Onion & Zucchini Pinto Beans Banana</p>	<p>24 Turkey & Swiss Sandwich Potato Chips Fresh Fruit Cookie</p>
<p>27 BBQ Chicken Pasta Salad Green Beans Ice Cream Pineapple Sauce</p>	<p>28 Fish Sandwich Malibu Blend Veggies Orange Ice Cream</p>	<p>29 Pork Cutlet Baked Potato Baked Beans Coleslaw</p>	<p>30 Beef Stew Coleslaw Wheat Roll Fruit Cocktail</p>	<p>31 Ham & Cheddar Sandwich Macaroni Salad Fresh Fruit Brownie</p>

This Menu is subject to change

Consuming Mishandled Leftover Food May Increase Your Risk of Food Borne Illness.

Mon	Tue	Wed	Thu	Fri
			Beef & Pepper Casserole Calories= 730 Carbs=102 Sodium=750	Turkey Burger Calories= 706 Carb= 84 Sodium= 661
Chicken Caesar Salad Calories= 670 Carb= 62 Sodium= 710	Ground Turkey Spaghetti Calories= 670 Carb=82 Sodium=730	Florentine Fish Calories= 710 Carb= 71 Sodium= 610	Mediterranean Wrap Calories=660 Carb=69 Sodium=750	Beef Noodle Soup Calories= 727 Carb=104 Sodium= 700
Macaroni & Cheese Calories=670 Carbs= 85 Sodium=590	Swedish Meatballs Calories= 840 Carbs=29 Sodium= 750	Chicken Teriyaki Calories=780 Carbs=126 Sodium=610	Parmesan Tilapia Calories= 710 Carb= 64 Sodium= 670	Corn Chowder Calories=775 Carbs=100 Sodium= 598
	Chicken Tortilla Soup Calories= 670 Carb= 81 Sodium= 750	Tuna Noodle Casserole Cal=700 Carb= 104 Sodium= 750	Pork Fajitas Calorie= 710 Carb= 83 Sodium= 650	French Toast Calories= 830 Carbs= 95 Sodium= 710
BBQ Chicken Calories=680 Carbs= 76 Sodium=770	Fish Sandwich Calories= 670 Carbs=98 Sodium= 730	Pork Cutlet Calories= 760 Carb= 79 Sodium= 730	Beef Stew Calories= 704 Carb= 74 Sodium= 628	Chicken Tetrazzini Calories= 720 Carb=67 Sodium=670