

# MERCER COUNTY NUTRITION LUNCHES

January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>BRIAN M. HUGHES COUNTY EXECUTIVE</p>	<p>1</p> <p><b>HAPPY NEW YEAR NUTRITION SITES CLOSED</b></p> 	<p>2</p> <p>CHICKEN PARMESAN W/TOMATO SAUCE AND PARMESAN CHEESE</p> <p>JUICE</p> <p>ROASTED REDSKIN POTATOES</p> <p>CARROT COINS</p> <p>WHOLE WHEAT BREAD</p> <p>FIG BAR</p>	<p>3</p> <p>BEEF STEW</p> <p>JUICE</p> <p>WIDE NOODLES</p> <p>WINTER BLEND VEGETABLES</p> <p>DINNER ROLL</p> <p>POUND CAKE</p>	<p>4</p> <p>PIZZA W/PEPPERONI</p> <p>ROASTED CHICKEN VEGETABLE SOUP</p> <p>CORN &amp; BLACK BEAN SALAD</p> <p>SPINACH</p> <p>APPLE SLICES</p>
<p>7</p> <p>KIELBASA AND MUSTARD</p> <p>JUICE</p> <p>POTATO PANCAKES W/KETCHUP</p> <p>RED CABBAGE</p> <p>WHOLE WHEAT CLUB ROLL</p> <p>VANILLA PUDDING</p>	<p>8</p> <p>BEEF TERIYAKI &amp; BROCCOLI</p> <p>JUICE</p> <p>LO MEIN NOODLES W/ TERIYAKI SAUCE</p> <p>ORIENTAL VEGETABLES</p> <p>PUMPERNICKEL &amp; RYE SWIRL</p> <p>FRUIT COCKTAIL</p>	<p>9 <i>Super Wednesday</i></p> <p>(SOUP &amp; SANDWICH)</p> <p>WHEAT WRAP W/ ROASTED TURKEY, PROVOLONE CHEESE, AND LETTUCE W/MAYO</p> <p>BEEF BARLEY SOUP</p> <p>MACARONI SALAD</p> <p>BROCCOLI SALAD</p> <p>CUP CAKE</p>	<p>10</p> <p>STUFFED SHELLS W/ TOMATO SAUCE AND PARMESAN CHEESE</p> <p>JUICE</p> <p>PEAS &amp; PEARL ONIONS</p> <p>GARDEN SALAD W/LITE CAESAR DRESSING</p> <p>ITALIAN BREAD</p> <p>SLICES PEACHES</p>	<p>11</p> <p>BAKED FISH W/TARTAR SAUCE</p> <p>VEGETARIAN VEGETABLE SOUP</p> <p>POTATOES AU GRATIN</p> <p>GREEN BEANS</p> <p>RYE BREAD</p> <p>OREO COOKIES</p>
<p>14</p> <p>SWEET ITALIAN SAUSAGE W/TOMATO SAUCE</p> <p>JUICE</p> <p>TATER TOTS W/KETCHUP</p> <p>PEPPERS &amp; ONIONS</p> <p>CLUB ROLL</p> <p>BANANA</p>	<p>15 <i>Fitness Tuesday</i></p> <p>A SALAD WITH CHICKEN STRIPS, ROMAINE LETTUCE, TOMATO, SHREDDED CARROTS &amp; ITALIAN DRESSING</p> <p>MINESTRONE SOUP</p> <p>SUN CHIPS</p> <p>DINNER ROLL</p> <p>FRESH ORANGE</p>	<p>16</p> <p>CRAB CAKE W/ TARTAR SAUCE</p> <p>JUICE</p> <p>MACARONI AND CHEESE</p> <p>STEW TOMATOES</p> <p>RYE BREAD</p> <p>GRAHAM CRACKERS</p>	<p>17</p> <p>MEATBALLS W/TOMATO SAUCE FOR A SANDWICH WITH PARMESAN CHEESE</p> <p>LENTIL SOUP</p> <p>TRI-COLOR POTATO MEDLEY</p> <p>BRUSSEL SPROUTS</p> <p>CLUB ROLL</p> <p>BROWNIE</p>	<p>18 <i>MLK Celebration</i></p> <p>FRIED CHICKEN/ NO GRAVY</p> <p>CORN CHOWDER</p> <p>MASHED POTATOES</p> <p>SNAP PEAS</p> <p>WHOLE WHEAT BREAD</p> <p>SWEET POTATO PIE</p>
<p>21</p> <p><b>MARTIN LUTHER KING HOLIDAY</b></p>  <p><b>NUTRITION CLOSED</b></p>	<p>22</p> <p>CHICKEN CORDON BLEU W/GRAVY</p> <p>JUICE</p> <p>WILD &amp; BROWN RICE BLEND</p> <p>MIXED VEGETABLES</p> <p>PUMPERNICKEL BREAD</p> <p>STRAWBERRY YOGURT</p>	<p>23</p> <p>STUFFED CABBAGE</p> <p>JUICE</p> <p>MASHED POTATOES</p> <p>SPINACH SALAD W/BALSAMIC VINAIGRETTE</p> <p>WHOLE WHEAT BREAD</p> <p>PINEAPPLE TIDBITS</p>	<p>24</p> <p>EGG SALAD W/LETTUCE</p> <p>TURKEY RICE SOUP</p> <p>POTATO SALAD</p> <p>TOMATO SLICE</p> <p>(2) SLICES OF RYE BREAD</p> <p>CHOCOLATE PUDDING</p>	<p>25</p> <p>TUNA SALAD ON LETTUCE LEAF W/MAYO PACKETS</p> <p>JUICE</p> <p>PASTA SALAD</p> <p>COLESLAW</p> <p>(2) SLICES OF RYE BREAD</p> <p>RICE PUDDING</p>
<p>28</p> <p>SWEET &amp; SOUR CHICKEN</p> <p>SPLIT PEA SOUP</p> <p>VEGETABLE FRIED RICE</p> <p>BROCCOLI</p> <p>DINNER ROLL</p> <p>JELLO</p>	<p>29</p> <p>SLICED LOIN OF PORK W/APPLE GRAVY</p> <p>JUICE</p> <p>SWEET POTATO CHUNKS</p> <p>CAULIFLOWER</p> <p>WHOLE WHEAT BREAD</p> <p>MANDARIN ORANGES</p>	<p>30</p> <p>BEEF BURGER W/AMERICAN CHEESE/KETCHUP AND MAYO</p> <p>JUICE</p> <p>TATER TOTS W/KETCHUP</p> <p>LETTUCE, SLICED TOMATO, &amp; SLICED ONION</p> <p>WHOLE WHEAT HAMBURGER BUN</p> <p>OAT MEAL COOKIE</p>	<p>31</p> <p>CHICKEN POT PIE</p> <p>JUICE</p> <p>STRING BEAN &amp; KIDNEY BEAN SALAD</p> <p>GARDEN SALAD W/RANCH DRESSING</p> <p>BRAN MUFFIN</p> <p>GRANOLA BAR</p>	<p>DAILY MEAL INCLUDES: MILK, MARGARINE AND HOT BEVERAGE</p> <p>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>