

January Menu 2017

Site: Rapid City

Closed No meals	2	1#9	3	3#7	4	3#8	5	#103C	6
		Baked Chicken Fried Steak 1 CS Mashed Potatoes w/Milk Gravy 1 CS Peas 1 CS Apricots 1 CS		Chunky Chicken Veg Soup 1 CS Garlic Bread 1 CS LS V-8 Juice 1 med Banana 2 CS		Spanish Rice w/ Hamburger 3 CS Seasoned Spinach Grape Juice 1 CS 1 med Orange 1 CS		Turkey Tetrazzine 2 CS Parsley Carrots 1/2 CS Berry Fruit Salad 1 CS Kimballs Favorite Cookie 1 CS	
1#5 Hungarian Goulash 3 CS Parsley Carrots 1/2 CS Coleslaw, Noncreamy Mandarin Oranges 1 CS	9	#15-A1 <u>Happy Birthday</u>	10	3#11	11	#20-3	12	#75A	13
		Hamburger on a Bun Potato Salad 1 1/2 CS Carrots LS V8 Juice 1 med Banana 2 CS		<u>Chili</u> 1 1/2 CS Cinnamon Rolls w/Almonds Baby Carrots Light Blueberry Yogurt 1 CS 1 med Orange 1 CS		Cider Braised Pork Chops 1 CS Baked Potato w/ Sour Cream 2 CS Orange Juice 1 CS Jello w/ Topping 1 CS 1 med Banana 2 CS		Baked Chicken 1/2 CS Baked Sweet Potato 1 1/2 CS Green Beans Tomato Spoon Salad 1/2 CS Pears 1 CS & a Cookie 1 CS	
Closed Martin Luther King Jr. Day	16	#23	17	#15-2	18	#100	19	#28	20
		Meatloaf 1/2 CS Oven Brownd Potatoes 1 CS Green Beans Baby Carrots Jello w/ Fruit 1 CS		Beef Barley Soup 1 1/2 CS Turkey Sandwich 2 CS Tossed Salad w/ Tomatoes 1 CS Pears 1 CS		Chicken Alfredo 2 CS Seasoned Spinach Strawberries 1/2 CS 1 med Banana 2 CS Peanut Butter		<u>Sweet & Sour Chicken</u> 1 CS <u>Oven Baked Brown Rice</u> 1 1/2 CS Steamed Broccoli Apricots 1 CS	
#1-3 Turkey Ala King 1 CS Baked Potato w/Sour Cream 2 CS Parsley Carrots 1/2 CS Strawberries w/Topping 1 CS	23	2#13	24	#11	25	#3-17	26	#3-15	27
		Sloppy Joe on a Bun 2 CS <u>Potato Salad</u> 1 1/2 CS Tomato slices Cubed Cantalope 1 CS <u>Cranberry Orange Bar</u> 1 CS		Mandarin Orange Chicken Brst 1CS Parsley Potatoes 1/2 CS Steamed Broccoli 1 med Banana 2 CS Chocolate Pudding w/Topping 1 CS		<u>Sausage Gravy over Biscuit</u> 2 CS Green Beans Baked Squash 1 CS Strawberries in Jello 1 CS		Tator Tot Casserole 1 CS <u>Seasoned Spinach</u> Tropical Fruit 1 CS	
2#6 Chicken Parmesan Scalloped Potatoes 2 CS Corn O'Brein 1 CS LS V-8 Juice Tropical Fruit 1 CS	30	#3-19	31						
		Beef Tips & Gravy Brown Rice 1 1/2 CS Steamed Broccoli Apricots 1 CS							

*All meals include 8 oz. 1% milk (1 CS)

Choice of 1- 2 bread / grain servings (1 – 2 CS)

Carb Servings = (CS) (1 = 15 grams Carbohydrate)

**Jellos and Puddings are sugar free

**All canned fruit is in light syrup

**Fat free dressing is served with salad

Menu subject to change without notice

MEALS PROGRAM

Marked for diabetic diets

FOR RESERVATIONS OR CANCELLATION

PLEASE CALL

Rapid City-(605)-394-6002

24 HRS. IN ADVANCE

Please call by Friday at 4pm if eating Monday

Please leave your name, where you eat and what day