














January Menu 2019

Site: Rapid City

	# CLOSED NEW YEAR 1 	1-A#9 2 Chicken Fried Steak 1CS Mashed Potatoes 1CS Milk Gravy 1CS Peas 1CS Pineapple Tidbits 1CS	1-A #16 3 Chicken Pot Pie topped with a WG Biscuit 2CS Tomato Slices on Leaf Lettuce Broccoli Peaches 1CS 	# 1-A#6 4 Sloppy Joe w/bun 2CS Potato Wedges 1CS Cooked Baby Carrots 1/2CS Tomato Spoon Salad 1/2CS Pears 1CS
2-#2 7 Chicken Enchiladas 1CS Spinach Salad w/ Hard Egg 1/2CS Corn O'Brien 1CS Peaches 1CS 	CM#14 HAPPY BIRTHDAY 8 Applesauce Pork Baked Sweet Potatoes 1 1/2CS Harvest Beets 1CS Tossed Salad Mandarin Oranges 1CS Cake 2CS 	1-21 9 Meatloaf 1/2CS Baked Potato 1CS Parslied Carrots 1/2CS Strawberries w/topping 1CS	CM#2 10 Cream of Potato Soup 1 1/2CS Ham & Cheese Sandwich 2CS Cucumber Slices Med Orange 1CS 	CM#11 11 Mac & Cheese 2CS Peas 1CS Stewed Tomatoes Fruit Crisp w/Topping 1 1/2CS
# 14 Chef's Choice	3#4 15 Spaghetti w/Meat Sauce 2CS Broccoli Banana 1CS Chocolate Pudding w/Topping 1CS 	3-28 16 Breaded Baked Fish Company Potatoes 1 1/2CS Peas & Carrots 1/2CS Jello w/Mandarin Oranges 1CS	2-25 17 Creamy Asparagus Soup 1CS Roast Beef Sandwich 2CS Crackers 1/2CS Tropical Fruit Salad 1 1/2CS SF Vanilla Ice Cream 1CS	2#17 18 BBQ Chicken 1CS Parslied Potato 1CS California Veg Blend Sunshine Salad 1CS Cooked Apples 1 1/2CS 
# CLOSED 21 Martin Luther King Day 	3#15 22 Parmesan Chicken Scalloped Potatoes 1CS Seasoned Spinach Fruit Cocktail 1CS	3#17 23 Sausage Gravy over a Biscuit 2CS Green Beans Squash 1CS Strawberries 1CS 	3#7 24 Chunky Chicken Veg Soup 1CS Garlic Bread 1CS LS V-8 Juice Banana 1CS 	3#6 25 Homemade Pizza 3CS Tossed Salad w/White Bean Peaches 1CS
1A # 7 28 Hamburger on a Bun 1CS Baked Potato w/Sour Cream 1CS Corn 1CS Tomato Slices on Lettuce Mandarin Oranges 1CS 	2 #11 29 Autumn Chicken 1CS Baked Sweet Potato 1 1/2CS Green Beans Med. Orange 1CS	1-A #25 30 Taco Salad w/Meat & Beans 2CS Peach Crisp 1 1/2CS SF Vanilla Ice Cream 1 CS 	#CM83 31 Homemade Tomato Soup 1CS Cheese Sandwich (cold) 2CS Spinach Salad Med. Banana 2CS	 

*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)

marked for diabetic diets

**All canned fruit is in light syrup

**Fat free dressing is served with salad

*****MENU SUBJECT TO
CHANGE WITHOUT NOTICE*****

FOR RESERVATIONS OR CANCELLATION

PLEASE CALL

THE MEALS PROGRAM OFFICE AT 394-6002

OR THE MAIN KITCHEN AT 343-8214

24 HRS. IN ADVANCE

Please leave your name, where you eat and what day