

PREPARED BY Krista Percival, Director/certified to contain 1/3 RDA HEDLEY SENIOR CITIZENS, Hedley, Texas

SERVED WITH 2% MILK, TEA OR WATER and Served with Whole Wheat Rolls, Whole Wheat Biscuits or Cornbread

REVIEWED BY Mary Roberson RD, LD CDR # 13835

MONTH: **January** YEAR: **2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			2. Beef Pot Roast w/ Brown Gravy Roasted Carrots, Potatoes & Onions Brown Rice Cherry Crisp WW Buttermilk Biscuits	3. Bacon Cheeseburger on W.W. Bun Onion Rings Black eyed Pea Salad Peaches & Cream Layer Bars
6. Beef Teriyaki Chinese Fried Rice Ginger Carrots Egg Rolls Mandarin Oranges Banana Chocolate Chip Bars	7. Ham and Beans Mixed Greens Brown Rice Cornbread Apricot Crumble	8. Chicken Fried Steak w/ Country Gravy Herb Mashed Potatoes California Blend Vegetables Cream Cheese Cookies WW Roll	9. Baked Potato Bar Broccoli & Cheese Sauce Brown Rice Chocolate Chip Cake WW Buttermilk Biscuits	10. Texas Toast Grilled Cheese w/Bacon French Fries Pea Salad Rice Krispie Treats
13. Beef, Bean & Cheese Burrito Tortilla Chips Mixed Green Salad Peaches & Blueberries Sweet Potato Crumble Cake	14. Sweet & Sour BBQ Meatballs Garlic Red Roasted Potatoes California Blend Vegetables Monster Cookies WW Roll	15. Chicken Fried Steak w/ Country Gravy Chive Studded Mashed Potatoes Seasoned Greens Strawberry Cake WW Buttermilk Biscuits	16.. Beef Pot Roast w/Gravy Baked Potato Buttered Peas & Carrots Brown Rice Black Forest Cake WW Buttermilk Biscuits	17. Bacon Cheeseburger on W.W. Bun Sweet Potato Fries Spinach & Bacon Salad Blueberries & Strawberries No Bake Cookies
20. Beef Soft Taco Refried Beans Tortilla Chips Mixed Green Salad Apricots	21. BBQ Pork Loin Roasted Sweet Potatoes Spinach & Mushrooms Applesauce Chocolate Chip Cookie WW Roll	22. Chicken Fried Steak w/ Country Gravy Homemade Mashed Potatoes Country Green Beans w/Bacon & Onion Butterscotch Bars	23. John Wayne Casserole Cowboy Mashed Potatoes Broccoli & Carrots Robert Redford Dessert WW Buttermilk Biscuit	24. Fish Sticks French Fries Hush Puppies Mixed Green Salad Coleslaw Angel Food Cake w/Fruit
27. Asian Sweet Chili Pork Egg Rolls Chinese Fried Rice Ginger Carrots Mandarin Oranges Homemade Sugar Cookies	28. Hamburger Stew Brown Rice Cucumber & Onion Salad Banana Pudding Cake Fruit Salad Cornbread	29. Chicken Fried Steak w/ Country Gravy Cowboy Mashed Potatoes California Blend Vegetables Buttered Rice Apple Crisp WW Buttermilk Biscuits	30. Beef Pot Roast w/ Brown Gravy Roasted Carrots, Potatoes & Onions Brown Rice Monster Cookies WW Roll	31. Bacon Cheeseburger on W.W. Bun Sweet Potato Fries Broccoli & Raisin Salad Strawberries & Banana w/Whipped Topping No Bake Cookies
