

JANUARY Menu 2018 Rapid City

<p>Happy New Year's Day</p> <p>No Meals</p>	<p>#10 2 Baked Chicken Fried Steak 1CS Mashed Potatoes w/Milk Gravy 1 CS Peas 1 CS Apricots 1 CS</p>	<p>#71 3 Chicken Parmesan Scalloped Potatoes 2 CS Corn O'Brein 1 CS LS V-8 Juice Tropical Fruit 1 CS</p>	<p>#76B 4 Baked Breaded Fish Baked Potato w/Sour Cream 2 CS Harvard Beets 1 CS Carrifruit Salad 1 CS</p>	<p>#4 5 Spanish Rice w/ Beef 3 CS Seasoned Spinach Grape Juice 1 CS Mandarin Oranges 1 CS</p>
<p>#5 8 Hungarian Goulash 3 CS Parsley Carrots 1/2 CS Cooked Cabbage Mandarin Oranges 1 CS</p>	<p>#15-A1 HAPPY BIRTHDAY 9 Hamburger on a Bun 1 CS Potato Salad 1 1/2 CS Carrots LS V-8 Juice & 1 Med Banana 2 CS Cake 3 CS</p>	<p>#20-3 10 Cider Braised Pork Chops 1 CS Baked Potato w/Sour Cream 2 CS Orange Juice 1 CS Jello w/ Topping 1 Med Banana 2 CS</p>	<p>#16 11 Chili 1 1/2 CS Cinnamon Rolls w/Almonds 2 CS Baby Carrots Light Blueberry Yogurt 1 CS 1 Med Orange 1 CS</p>	<p>#75A 12 Baked Chicken 1/2 CS Baked Sweet Potato 1 1/2 CS Green Beans Tomato Spoon Salad 1/2 CS Pears & a Cookie 1 CS ea</p>
<p>Martin Luther King Jr. Day</p> <p>No Meals</p>	<p>#11 16 Mandarin Orange Chicken Brst1CS Parsley Potatoes 1 CS Broccoli 1 Med Banana 2 CS Chocolate Pudding w/Topping 1 CS</p>	<p>#23 17 Meatloaf 1/2 CS Over Baked Potatoes 1 CS Green Beans Baby Carrots Jello w/ Fruit 1 CS</p>	<p>#15-2 18 Beef Barley Soup 1 1/2 CS Turkey Sandwich 2 CS Tossed Salad w/Tomatoes Pears 1 CS</p>	<p>Chef Cara's Choice 19</p>
<p>#15-3 22 Tator Tot Casserole 1 CS Seasoned Spinach Mixed Tropical Fruit 1 CS</p>	<p>#17 23 Sausage Gravy over Biscuit 2 CS Green Beans Baked Squash 1 CS Jello w/ Strawberries 1 CS</p>	<p>#2-13 24 Sloppy Joe on Bun 2 CS Potato Salad 1 1/2 CS Tomato Slices Cantalope 1 CS Cranberry Orange Bar 1 CS</p>	<p>#5 25 Chunky Chicken Veg Soup 1 CS Garlic Bread 1 CS V-8 Juice 1 Med Banana 2 CS</p>	<p>#14 26 Pork Roast Boiled Potatoes w/ Gravy 1 CS Cranberry Sauce 1 CS & Orange jc Peas & Carrots 1/2 CS Jello w/ Topping 1 CS</p>
<p>#3-1A 29 Swedish Meatballs 1 CS Parsley Potatoes 1 CS Baked Squash 1 CS Tossed Salad w/Tomatoes Berry Fruit Salad 1 CS</p>	<p>#63A 30 Scrambled Eggs w/ Cheese Navy Bean Side Dish 1 1/2 CS Spinach Salad 1/2 CS Cooked Apples 1 1/2 CS</p>	<p>#25-1A 31 Taco Salad w/ Meat & Bean 2 CS Unsalted Crackers 1 CS Peach Crisp 1 1/2 CS Vanilla Ice Cream 1 CS</p>		

*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