January 2025 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Menu approved by: Jill Riffle MS, RDN, LD DIRECTION HOME AKRON CANTON AREA AGENCY ON AGING & DISABILITIES		1 CLOSED HAPPY NEW YEAR!	2 Ham Salad 3 oz Pasta Salad 1/2 cup 3-Bean Salad 1/2 oz WGR Wheat Bun 3 oz Diced Peaches 1/2 cup Skim Milk 8 oz	3 Salisbury Steak-3 oz. Mashed Potatoes-½ cup Broccoli 1/2 cup Wheat Bread-2 Slices Mandarin Oranges-½ cup Skim Milk-8 oz.
6 Turkey Sausage-3oz. Peppers & Onions-2 oz. Green Beans-½ cup Oven Potatoes-½ cup Hot Dog Bun-2 oz. Mixed Fruit-½ cup Skim Milk-8 oz.	7 Penne w/Marinara 6 oz Garden Salad-1 cup Italian Vegetables-½ cup Breadstick-2 oz. Diced Pears-½ cup Skim Milk-8 oz.	8 All Beef Hotdog-3 oz. Diced Potatoes-½ cup Baked Beans-½ cup Hot Dog Bun-1 ea Diced Peaches-½ cup Skim Milk-8 oz	9 Roast Beef w/Gravy 3 oz Noodles-½ cup Vegetable Medley-1/2 cup WG Dinner Roll-2 oz. Fruit Cup-1/2 cup Skim Milk-8 oz.	10 Meat Loaf-3 oz Gravy-2oz Scalloped Potatoes-½ cup Mixed Vegetables-½ cup WGR Muffin-2 oz. Applesauce-½ cup Skim Milk-8 oz.
13 Creamed Chicken-6 oz 1 Biscuits 2.85 oz Diced Carrots-½ cup Green Beans-½ cup Small Apples-½ cup Skim Milk-8 oz.	14 Beef Srew 8 oz Cole Slaw 1/2 cup Beets 1/2 cup WGR Wheat Bread 2-Slices Applesauce 1/2 cup Skim Milk 8 oz	15 Swedish Meatballs-3 ea. Mashed Potatoes-½ cup Green Beans-½ cup WGR Bread-2 Slices Fruit Cup 4oz Skim Milk-8 oz	16 Sliced Ham 9 oz Sweet Potatoes-½ cup Cauliflower-½ cup WGR Wheat Bread-2 Slices Diced Pears- ½ cup Skim Milk-8 oz.	17 Sloppy Joe-3 oz. Three Bean Salad-½ cup Broccoli-½ cup WGR Wheat Bun-2 oz. Fruit Cup 4oz Skim Milk-8 oz.
20 CLOSED Martin Luther King Day	21 Chicken Salad 3 oz Macaroni Salad 1/2 cup 3-Bean Salad 1/2 cup WGR Wheat Bun 3 oz Fruit Cup 4oz Skim Milk 8 oz	22 Cheese Omelet-3 oz. Diced Potato-½ cup Spinach-½ cup WGR Dinner Roll 2 oz Diced Peaches 1/2 cup Skim Milk 8 oz	23 BBQ Riblet-3 oz. California Blend-½ cup Corn-½ cup WGR Dinner Roll-2 oz. Tropical Fruit-½ cup Skim Milk-8 oz.	24 Macaroni/Cheese-6 oz. Stew Tomatoes1/2 cup Mixed Vegetables-½ cup Muffin-2 oz. Fruit Cup-½ cup Skim Milk-8 oz.
27 Chilli w/Beans 1 cup Diced Carrots 1/2 cup Beets 1/2 cup Crackers Fruit Cup 4 oz Skim Milk 8 oz	28 Chicken Tenders-3 oz. German Potato Salad-½ cup Mixed Vegetables-½ cup WGR Wheat Bread-2 Slices Pineapple Tidbits-½ cup Skim Milk-8 oz.	29 Spaghetti/MeatBalls 6 oz Green Beans-½ cup Corn-½ cup Garlic Toast-2 oz. Mixed Fruit-½ cup Skim Milk-8 oz.	30 Cheeseburger-3 oz Diced. Potato Baked Beans-½ cup WGR Wheat Bun-2 oz. Apple Slices-½ cup Skim Milk-8 oz.	31 Stuffed Peppers w/Beef Mashed Potatoes 1/2 Cup Brussel Sprours 1/2 cup WGR Wheat Bread 2/Slices Ftuit Cup Skim Milk 8 oz

This institution is an equal opportunity provider

The following major food allergens are used as ingredients: milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy and sesame