

JANUARY MENU

MANISTIQUE NUTRITION SITE

Mon

Tue

Wed

Thu

Fri

<p>1 CLOSED FOR NEW YEAR'S DAY</p>	<p>2 Meatloaf Baked Potato Peas & Carrots Fruit Cup</p>	<p>3 Beef Stew Coleslaw Biscuit Peach Quick Cake</p>	<p>4 Turkey/Stuffing Mashed Potatoes and Gravy Prince William Veggies Pumpkin Bar</p>	<p>5 Ravioli Vegetable Blend Breadstick Diced Pears</p>
<p>8 Brat on Bun Calico Beans Oven Potatoes Diced Pears</p>	<p>9 Sweet & Sour Pork Over Rice Green Beans Chinese Coleslaw Pineapple Upside Down Cake</p>	<p>10 Cheesy Chicken Penne Casserole Salad Baby Carrots Apricots</p>	<p>11 Beef Tips over Noodles Diced Beets Broccoli Fruit Cup</p>	<p>12 Porcupine Meatballs Mashed Potatoes Country Trio Veggies Apple Crisp</p>
<p>15 Salisbury Steak Mashed Potatoes and Gravy Rutabagas Tropical Fruit</p>	<p>16 Boiled Dinner (Ham and Cabbage, Carrots and Potatoes) Biscuit Pistachio Bar</p>	<p>17 Taco Lasagna Garden Salad Mandarin Oranges Breadstick</p>	<p>18 Tasty Hamburger Casserole Carrots Jello with Bananas</p>	<p>19 Baked Chicken Whipped Potatoes Key Largo Veggies Diced Peaches</p>
<p>22 Fish Sandwich Au Gratin Potatoes Baked Beans Applesauce</p>	<p>23 Turkey Broccoli Casserole Vegetable Blend Pineapple Tidbits</p>	<p>24 Pineapple BBQ Chicken Breast Twice-Baked Potatoes Brussel Sprouts Carrot Cake</p>	<p>25 Enchiladas with Lettuce, Tomato, Black Olives Spanish Rice Diced Peaches</p>	<p>26 Vegetable Beef Barley Soup Ground Meat Sandwich Broccoli /Cauliflower Salad Fruit Bar</p>
<p>29 Chicken Alfredo Broccoli Coleslaw Fruit Cup</p>	<p>30 Spaghetti/Meat Sauce Italian Blend Vegetables Caesar Salad Garlic Bread Pineapple</p>	<p>31 Tahitian Meatballs Over Rice Key Largo Vegetables Salad Sunshine Cake</p>		

341-5085
MANISTIQUE

HOW DO I GET TO THE NUTRITION SITE?

