



JANUARY MENU - Food Runners Collaborative

ALL MEALS ARE SERVED WITH 2% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/2 CLOSED - 1/30	1/3 & 1/31	1/4	1/5	1/6
Chicken Parmesan Italian Vegetables Parslied Noodle Wheat Bread; Fresh Fruit	Beef Stroganoff Glazed Carrots Apple Raisin Compote Orange; Wheat Roll	Smoked Sausage w/ Bun Lima Beans Chopped Broccoli Banana; Coleslaw	Chicken Leg w/ Brown Rice Creamed Spinach Sourdough Bread Orange	Pollock Peach Cobbler O'Brien Potatoes Grape Juice
1/9	1/10	1/11	1/12	1/13
Spaghetti w/ Meat Sauce Apple Crisp Zucchini Sourdough Bread	BBQ Pork on Bun w/ Slaw Sour Cream Potatoes Green Beans Orange	Peppered Swiss Steak Brussels Sprouts Mashed Potatoes Wheat Roll; Grape Juice	Jambalaya Red Beans Rice Banana; Wheat Bread	Seafood Pasta Spinach Au Gratin Stewed Tomatoes Fresh Fruit
1/16	1/17	1/18	1/19	1/20
Closed to Honor Martin Luther King Jr	Meatloaf w/ Brown Gravy Succotash; Fruit Green Beans w/ Red Peppers Sourdough Bread	White Chicken Chili Brown Rice Green Beans Corn Bread	Hamburger on a Bun Broccoli Apple Cobbler Lettuce, Tomato	Shrimp & Grits Field Peas Turnip Greens Wheat Roll; Lemon Pudding
1/23	1/24	1/25	1/26	1/27
Cabbage Casserole Peas Cherry Cobbler Wheat Roll	Chicken & Waffles Sweet Potatoes Zucchini & Onions Grape Juice; Banana	Beef & Broccoli Ginger Carrot Coins Rice Apple; Fortune Cookie	BBQ Riblet w/ Bun BBQ Beans Turnip Greens Orange	Chicken Leg Broccoli & Carrots Squash Casserole Texas Toast

***** Items containing seafood are printed in red *****

Call 919-833-1749 to cancel meal delivery if you will not be home