




<div>January 2021</div> <div></div>		<div>NEW YEAR BIRTHDAYS</div> <div>Karen Ammann 14 Kathy Hahn 15 Dale Kari 22</div>			<div>FRIDAY 1</div> <div>Observed New Year's Holiday Closed</div> <div></div>	<div>SATURDAY 2</div>
<div>Recommended Serving Sizes</div> <div>3 oz. meat ½ cup of vegetables ½ cup of fruit 2 servings of bread or complex carbohydrate 1 cup of 1% milk</div>	<div>MONDAY 4</div> <div>Beef Fajita Flour Tortilla Steamed Rice Broccoli Applesauce Milk</div>	<div>TUESDAY 5</div> <div>White Bean Chicken Chili Tossed Salad Cinnamon Roll Peaches Milk</div>	<div>WEDNESDAY 6</div> <div>Tuna Casserole Green Beans Wheat Roll Apricots Milk</div>	<div>THURSDAY 7</div> <div>Hot Turkey Sand. Mash. Pot./gravy Beets Strawberries Milk</div>	<div>FRIDAY 8</div> <div>Pork Roast Sweet Potato Cauliflower Wheat Bread Orange Whip Milk</div>	<div>SATURDAY 8</div>
	<div>MONDAY 11</div> <div>Shepherd's Pie Spinach Wheat Bread Cinnamon Apples Milk</div>	<div>TUESDAY 12</div> <div>Tomato Soup Ham/Cheese Sand. Pickle Fruit Cocktail Choc. Chip Cookie Milk</div>	<div>WEDNESDAY 13</div> <div>Chicken Enchilada Spanish Rice Zucchini Pear Crisp Milk</div>	<div>THURSDAY 14</div> <div>Lasagna Italian Vegetables Garlic Bread Peaches Milk</div>	<div>FRIDAY 15</div> <div>Chicken Fried Steak Mash. Pot./gravy Carrots Wheat Roll Pineapple Upside Down Cake Milk</div>	<div>SATURDAY 16</div>
	<div>MONDAY 18</div> <div>Swedish Meatballs Noodles Asparagus Wheat Bread Mandarin Oranges Milk</div>	<div>TUESDAY 19</div> <div>Chili Cheese/onion Tossed Salad Corn Bread Fruited Jell-O Whipped Topping Milk</div>	<div>WEDNESDAY 20</div> <div>Beef Roast Mash. Pot./gravy Squash Blend Wheat Roll Apricots Milk</div>	<div>THURSDAY 21</div> <div>Sloppy Jo French Fries Coleslaw ½ Banana Brownie Milk</div>	<div>FRIDAY 22</div> <div>Baked Fish Wild Rice Blend Creamed Peas Wheat Roll Strawberries Milk</div>	<div>SATURDAY 23</div>
	<div>MONDAY 25</div> <div>Beef Tacos Tomato, lettuce, cheese Refried Beans Corn Pears Milk</div>	<div>TUESDAY 26</div> <div>Oven Chicken Mash. Pot./gravy Mixed Vegetables Wheat Roll Cherries Milk</div>	<div>WEDNESDAY 27</div> <div>Spaghetti/Meat sauce Tossed Salad Garlic Bread Citrus Fruit Milk</div>	<div>THURSDAY 28</div> <div>Chicken Strips Tater Tots Beets Wheat Bread Purple Plums Milk</div>	<div>FRIDAY 29</div> <div>Meat Loaf Baked Potato Brussel Sprouts Wheat Roll Fruit Cocktail Milk</div>	<div></div>