

# PRECISION NUTRITION



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cultural Meal Day</p> 		<p>1 Happy New Years! Ginger BBQ Chicken 3OZ Whipped Sweet Potatoes ½ CUP Collard Greens ½ cup Wheat Bread 2 slice Diced Pears ½ cup Milk 1% 8oz</p>	<p>2 Scrambled Eggs 4 oz Pork Sausage 1 oz Hash Browns ½ cup Wheat Bread 2 slices Spiced Peaches ½ cup Milk 1% 8oz</p>	<p>3 Beef Stroganoff w/ 1 grain Egg Noodles 2 oz Italian Cut Green Beans ½ cup Diced Carrots ½ cup Fresh Orange 1 each Dinner roll 1 each Milk 1% 8oz</p>
<p>6 Grilled Hamburger 3oz Mac &amp; Cheese ½ cup Festive Green Beans ½ cup Diced Pears ½ cup Wheat Bun 1 each 2 grain Milk 1% 8oz</p>	<p>7 Almond Crusted 4 oz Fish Spinach ½ cup Scalloped Potatoes ½ cup Wheat Bread 2 slice Diced Peaches ½ cup Milk 1% 8oz</p>	<p>8 Braised Beef Over 2oz Egg Noodles 1 grain Collard Greens ½ cup Diced Carrots ½ cup Wheat Roll 1 each Applesauce ½ cup Milk 1% 8oz</p>	<p>9 Swedish Meatballs 2oz Broccoli ½ cup Diced Carrots ½ cup Brown Rice ½ cup Wheat Bread 1 slice Mandarin Oranges ½ cup Milk 1% 8oz</p>	<p>10 Cheese Lasagna w/ Veggie Marinara 3oz Capri Veggies ½ cup Lima Beans ½ cup Wheat Roll 1 each Diced Pineapple ½ cup Milk 1% 8oz</p>
<p>13 Oven Fried Chicken 3oz Whipped Sweet Potatoes ½ cup Collard Greens ½ cup Orange Juice 4oz Milk 1% 8oz</p>	<p>14 Italian Bowtie Pasta w/Beef 3oz Broccoli w/Red Peppers ½ cup Green Beans ½ cup Mandarin Oranges ½ cup Milk 1% 8oz</p>	<p>15 Bagel 2 grainw/Egg 1oz, Pork Sausage 1oz &amp; Cheese 1oz Sliced Apples ½ cup Roasted Sweet Potatoes ½ cup Milk 1% 8oz</p>	<p>16 Turkey Ham &amp; Beans 2oz Diced Beets ½ cup Diced Carrots ½ cup Corn Bread 2 each Mixed Fruit ½ cup Milk 1% 8oz</p>	<p>17 Potato Pollock 3oz Peas and Corn ½ cup Turnip Greens ½ cup Wheat Bread 2 each Tropical Fruit ½ cup Milk 1% 8oz</p>
<p>20 Sloppy Joe 4oz WG Bun 2 grain Roasted Sweet Potatoes ½ cup Brussel Sprouts w/ Onion ½ cup Diced Pineapple ½ cup Milk 1% 8oz</p>	<p>21 Teriyaki Chicken &amp; Noodles 2oz , 1 cup Stir Fry Veggies ½ cup Fresh Orange ½ cup Wheat bread 1 slice Milk 1% 8oz</p>	<p>22 Hoppin John w/Turkey Ham 1 cup Cooked Cabbage ½ cup White Rice Pilaf ½ cup Corn bread 1 each Diced Peaches ½ cup Milk 1% 8oz</p> 	<p>23 Sliced Turkey over Southwest Pasta 2oz Broccoli ½ cup Peas ½ cup Wheat bread 1 slice Chocolate Pudding 1 each Milk 1% 8oz</p>	<p>24 Beef Stew 1 cup(2oz) Corn ½ cup Turnip Greens ½ cup Wheat Bread 2 slice Diced Peaches ½ cup Milk 1% 8oz</p>
<p>27 Meatloaf w/Gravy 3oz Brussels sprouts ½ cup Mashed Potatoes ½ cup Mandarin Oranges ½ cup Birthday Treat 1 grain Dinner roll 1 each Milk 1% 8oz</p>	<p>28 Indiana Style Chili Mac 1 cup(2oz) California Veggie ½ cup Blend Applesauce ½ cup Corn Bread 2 each Milk 1% 8oz</p>	<p>29 Jamaican Pork Roast 3oz Key West Veggies ½ cup Root Veggies ½ cup Corn Bread 2 each Diced Pears ½ cup Milk 1% 8oz</p>	<p>30 Smoked Pork Sausage w/Peppers &amp; Onions 3oz Peas ½ cup Roasted Potatoe ½ cup Wheat Roll 2 each Strawberry Applesauce ½ cup Milk 1% 8oz</p>	<p>31 Chicken Parmesan 3oz Parmesan Cheese Apples w/Cherries &amp; Almonds ½ cup Roasted Potatoes ½ cup Wheat Bread 2 slices Diced Mangos ½ cup Milk 1% 8oz</p>

\*Menus are subject to change based on product availability.