

## How You Can Reach Us

### Main Office:

765-2696 or 1-800-225-8571

### Waiver Program:

762-8025 or 1-888-520-9248

*If you are planning to go out, call and remind us so we can stop your meal for the day.*



## JANUARY DAYS TO CELEBRATE

(Some serious and some just silly.)

- 1- New Years Day
- 5 - National Bird Day
- 15 - National Hat Day
- 19 - National Popcorn Day
- 20 - Penguin Awareness Day
- 21 - Martin Luther King Jr's Birthday
- 23 - National Pie Day
- 24 - Compliment Day
- 27 - Chocolate Cake Day
- 29 - National Puzzle Day
- 31 - Backward Day



## MILK - A WHOLESOME CHOICE AT ANY AGE!

Milk has long been a popular beverage, not only for its flavor, but because of its unique nutritional value. Milk is one of the best sources of calcium and provides high-quality protein, vitamins and other minerals.

According to the Dietary Guidelines for Americans 2005, adults over the age of 51 need to consume 1200 mg of calcium daily which would be the equivalent of four eight-ounce cups of milk. Each 8-ounce serving of milk provides 300 mg of calcium. We all know that the calcium in milk helps build strong bones, but milk is loaded with protein, vitamins A, B-12 and D as well as potassium and phosphorus.

Milk is available with varying amounts of fat. No matter the fat content of milk, the calcium content remains the same. The recommendation is to choose the milk with the least amount of fat. Because the process of making 2%, 1% and fat-free milk removes vitamin A while removing the fat, the milk is fortified with vitamin A. All milk varieties are typically fortified with vitamin D.

Milk	Calories	Fat Content	Calcium
Whole milk	150	3.25%	300
2% milk	120	2%	300
1% milk	100	1%	300
Fat-Free (skim or non-fat milk)	80	0%	300

# *January Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Closed - Holiday	Baked Chicken Sweet Potatoes Lentil Rice Pilaf Pear Dinner Roll	Roast Pork Sauerkraut Mashed Potatoes Rice Pudding Whole Wheat Bread	Hamburger on Roll Baked Potato Peas Shredded Lettuce & Tomato Slice Chocolate Pudding
7	8	9	10	11
Spaghetti & Meatballs Spinach Sliced Peaches Italian Bread	Baked Ham Scalloped Potatoes Sliced Carrots Pepper Slaw Graham Crackers Whole Wheat Bread	Tuna Noodle Casserole Beets Orange Juice Apple Crisp Whole Wheat Bread	Grilled Chicken Breast Stewed Tomatoes Macaroni Salad Pineapple Tidbits Whole Wheat Bread	Stuffed Cabbage Roll with Sauce Mashed Potatoes Peas Pear Oatmeal Cookies Whole Wheat Bread
14	15	16	17	18
Italian Sausage Sandwich with Peppers & Onions Peas and Carrots Baked Potato Apple	Turkey with Gravy Stuffing Sweet Potatoes Tossed Salad Dressing Applesauce Dinner Roll	Chili Rice Whole Kernel Corn Fudge Brownie Whole Wheat Bread	Roast Beef with Gravy Mashed Potatoes Broccoli Oatmeal Raisin Cookies Whole Wheat Bread	Cheese Omelet Sausage Hash Brown Potatoes Orange Juice Sweet & Salty Mix Whole Wheat Bread
21	22	23	24	25
Meatloaf with Gravy Mashed Potatoes Peas and Carrots Tropical Fruit Graham Crackers Whole Wheat Bread	Linguini Ala Anna Green Beans Stewed Tomatoes Orange Juice Rainbow Cake Whole Wheat Bread	Stuffed Pepper with Sauce Rice Mix Vegetables Fruit Jell-o Corn Bread	Lemon Pepper Baked Fish Macaroni & Cheese Zucchini Coleslaw Whole Wheat Bread	Ham & Cheese Sandwich on White Bread Baked Beans Potatoes O'Brien Apple
28	29	30	31	
Penne Pasta with Meal Sauce Italian Blend Vegetables Cottage Cheese with Pineapple Whole Wheat Bread	Baked Chicken Sweet Potatoes Lentil Rice Pilaf Pear Dinner Roll	Baked Ham Butter Beans Bow Tie Noodles Sliced Carrots Orange Whole Wheat Bread	Roast Pork Sauerkraut Mashed Potatoes Rice Pudding Whole Wheat Bread	

**PLEASE NOTE:**

MARGARINE & 2% MILK SERVED WITH ALL MEALS.  
 MENUS SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY.  
 CONSUMERS WHO HAVE BEEN ASSIGNED A SPECIAL DIET BY THEIR PHYSICIAN  
 MAY RECEIVE DIFFERENT ITEMS FROM THOSE LISTED ON THE MENU.