

# GRAB AND GO LUNCHES!

Call by noon the day before you would like lunch.  
Pick-up in the alley between 11:45 am and 12:15 pm

				Friday 1/1/2021	
<p><b>MY HEALTHY CHECKLIST</b></p> <p>FRUIT 1 2 VEGETABLES 1 2 3 GRAINS 1 2 3 4 PROTEIN 1 2 3 DAIRY 1 2 3</p> <p>exercise water 30 min 30 min Y</p> <p>BASED ON 1,200 CALORIES PER DAY</p> <p>FEELS LIKE HOME</p>					<p>CENTER IS CLOSED No Grab and Go Meals</p>
Monday 1/4/2021	Tuesday 1/5/2021	Wednesday 1/6/2021	Thursday 1/7/2021	Friday 1/8/2021	
Hawaiian BBQ Chicken Brown Rice Pilaf Broccoli Rye Bread/Marg Banana Pudding 1% Milk	Beefy Mac Casserole with Cavatappi Noodles Corn Capri Blend Veggies 100% Wheat Bread/Marg Mandarin Oranges 1% Milk	Roasted Pork Chop with Apple Chutney Mashed Potatoes Green Peas WG Dinner Roll/Marg Sugar Cookie 1% Milk	10 Grain Fish Filet Green Beans Oven Roasted Baby Reds Italian Roll/Marg Fruit Cocktail Tartar Sauce PC 1% Milk	Pizza Joe Sandwich Seasoned Potato Wedges alian Blend Veggies WG Hamburger Bun Diced Pears 1% Milk	
Monday 1/11/2021	Tuesday 1/12/2021	Wednesday 1/13/2021	Thursday 1/14/2021	Friday 1/15/2021	
Beef Stew w/ Potatoes, Carrots & Peas Chuckwagon Corn Glazed Pineapple Mini Buttermilk Biscuit 1% Milk	Breaded Chicken Patty Twice Baked Whip Potato Mixed Vegetables WG Hamburger Bun Cherry Vanilla Yogurt PC 1% Milk	Italian Meatballs 1/2 Baked Potato Brussels Sprouts WG Breadstick/Marg Plain Cake Square Sour Cream PC 1% Milk	Pork Fritter & Gravy Mashed Potatoes Creamed Cabbage Marble Bread/Marg Ambrosia Salad 1% Milk	Baked Cod Loin in Citrus Cream Sauce Diced Sweet Potatoes Zucchini & Tomatoes Pumpnickel Bread/Marg Apricot Halves 1% Milk	
Monday 1/18/2021	Tuesday 1/19/2021	Wednesday 1/20/2021	Thursday 1/21/2021	Friday 1/22/2021	
<p><b>Senior Center Closed No Grab &amp; Go Meals</b></p>	California Cheesy Chicken & Brown Rice Casserole Green Beans Pear Slices WG Dinner Roll/Marg 1% Milk	Taco Meat Fiesta Corn Cinnamon Applesauce Lettuce/Tomato/Cheese 8" Flour Tortilla Taco Sauce PC 1% Milk	Turkey Breast & Gravy Potato Medley Broccoli WG Dinner Roll/Marg Oatmeal Raisin Cookie 1% Milk	Salisbury Steak with Onion Gravy Mashed Potatoes Country Blend Veggies Wheatberry Roll/Marg Diet Strawberry Jello Cake 1% Milk	
Monday 1/25/2021	Tuesday 1/26/2021	Wednesday 1/27/2021	Thursday 1/28/2021	Friday 1/29/2021	
Teriyaki Meatballs Oriental Blend Veggies Cauliflower Cinn. Raisin Bread/Marg Fresh Orange 1% Milk	Sliced Roast Beef/Gravy Garlic Mashed Potatoes Glazed Diced Beets Vienna Bread/Marg Lemon Pudding 1% Milk	Creamed Chicken Gravy Peas & Carrots Glazed Pineapple Romaine Blend Salad Dressing PC Raspberry Muffin Square 1% Milk	Ham & Northern Beans Spinach Casserole Cherry Cobbler WG Dinner Roll/Marg 1% Milk	Hamburger Patty Baked Beans Mixed Vegetables Leaf Lettuce & Tomato Wheat Hamburger Bun Tropical Fruit 1% Milk	