

# January 2017

## Pleasantdale

### LUNCH



**Milk and Salad Bar offered daily.**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

2

3

4

5

6

9

**Chicken Strips**  
**Rosemary Potatoes**

10

**Alfredo Pasta**  
**Fresh Broccoli**  
**Garlic Bread**

11

**Bacon**  
**Cheesy Potato Hash**  
**Honey Biscuit**

12

**Pizza Friday**  
**Carrot/Celery Sticks**  
**Flavored Hummus**

13

16

**HAPPY MLK DAY!**

**Boneless Chicken**  
**Cauliflower Bites**

17

**Enchilada Casserole**  
**Side Salad**

18

**Meatloaf (beef)**  
**Mashed Potatoes**  
**Golden Corn**

19

**Pizza Friday**  
**Carrot Sticks**  
**Flavored Hummus**

20

**Cheese Burger**  
**(beef)**  
**Tatar Tot**

23

**Grilled Chicken**  
**Tender**  
**Peas & Carrots**

24

**Lasagna**  
**Garden Salad**  
**Garlic Bread**

25

**Hot dog (beef)**  
**Bake Bean**

26

**Pizza Friday**  
**Celery/Carrot Sticks**  
**Flavored Hummus**

27

**Chicken Sandwich**  
**Roasted Sweet Potatoes**

30

**Cinnamon Texas**  
**Toast**  
**Hash browns**  
**Sausage**

31

