

**Milestones in Marion
January Noon Menu 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 CLOSED NEW YEAR'S DAY	2 Glazed Pork Chop Sweet Potato Casserole Cauliflower Tropical Fruit WW Dinner Roll Cookie	3 Tator Tot Casserole Tomatoes & Zucchini Peaches w/Cottage Cheese WW Bread Blueberry Cobbler	4 Chicken Alfredo Peas Lettuce Salad Garlic Stick Fruited Gelatin
7 Scalloped Potatoes & Ham Mixed Vegetables Waldorf Salad WW Dinner Roll Chocolate Mousse	8 Chicken Rice Casserole Green Peas Chopped Vegetable Salad WW Bread Strawberries & Bananas	9 Vegetable Beef Barley Soup 1/2 Sub Sandwich Lettuce/Tomato/Onion/Pickle Applesauce Peach Crisp	10 Salmon Patty w/Dill Sauce Buttered Noodles Glazed Carrots Spinach Salad w/dressing Rye Bread Banana	11 Salisbury Steak Mashed Potatoes/Gravy Green Beans 5-Cup Salad WW Dinner Roll Cheese Cake
14 Breaded Fish on Bun French Fries California Vegetable Blend Coleslaw Tropical Fruit	15 Roast Pork Loin Rice Pilaf Cooked Apples Corn Casserole WW Bread Pudding	16 Spaghetti w/Meat Sauce Italian Vegetables Lettuce Salad w/Dressing Garlic Bread Mixed Fruit Cup	17 Egg Salad Cold Plate Tomato Wedges Pickled Beets Mandarin Oranges WW Dinner Roll Frosted Cake	18 Bratwurst on Bun Sauerkraut Peaches Baked Beans Potato Salad Rice Krispie Treat
21 Taco Salad Spanish Rice Refried Beans Pineapple WW Bread Ice Cream Cup	22 Cook's Choice	23 Chili Cornbread Saltine Crackers 7 - Layer Salad Strawberries & Blueberries	24 Sub Sandwich Lettuce, Tom, Onion, Pickle Baked Chips Broccoli Salad Mixed Berry Cup	25 Sliced Turkey w/ Gravy Stuffing Corn Cranberry Relish Rye Bread Cinnamon Applesauce
28 Crispy Baked Chicken Parsely Potatoes Brussel Sprouts 3 - Bean Salad Buttermilk Biscuit Fruit Cup	29 Philly Steak Sandwich French Fries Broccoli Cauliflower Salad Pears	30 Maidrite on Bun Tator Tots Mixed Vegetables Peaches Blonde Brownie	31 Chicken Ala King Carrots Lettuce Salad w/dressing WW Dinner Roll Fruit Ambrosia Salad	

"This institution is an equal opportunity provider."

All Meals offer 8oz Skim, 1% and Soy Milk

Menus are subject to change.