

## JANUARY 2025 OLNEY SR CUB CTR 940-564-2782

### JAN 1-3 CDH 2011 WEEK 1 \*ALL MEALS SERVED WITH CHOICE: 2% MILK, TEA, OR WATER

1<sup>ST</sup> WED PORK CHOP, BALCK-EYED PEAS, SPINACH, CORNBREAD, BAKED APPLES

2<sup>ND</sup> THU SPAGHETTI W/MEAT SC, ITALIAN VEGETABLES, BROCCOLI, GARLIC TOAST, AUTUMN JELLO

3<sup>RD</sup> FRI TILAPIA/ LEMON SL, WHOLE KERNEL CORN, COLESLAW, HUSH PUPPIES, CHERRY CRISP

### JAN 6-10 AAA FALL/WINTER OCTOBER 2011

6<sup>th</sup> MON 2011-24 HOT DOG ON BUN, MUSTARD, BAKED POTATO W/SOUR CREAM, SEASONED BROCCOLI, PINEAPPLE GELATIN

7<sup>th</sup> TUE 2011-04 BAKED CHICKEN & DUMPLINGS, WHOLE WHEAT ROLL, MARGARINE, TOSSED SALAD W/DRESSING, WINTER FRUIT CUP

8<sup>th</sup> WED 2011-09 BEEF TACO BAKE, SPANISH, CAULIFLOWER, TOSSED SALAD W/DRESSING, COUNTRY APPLE CRISP

9<sup>th</sup> THU 2011-13 CHICKEN FRIED STEAK, MASHED POTATOES, COUNTRY GRAVY, STEWED OKRA, SEASONED CORN, PUMPIN SQUARE

10<sup>th</sup> FRI 2011-11 BREADED FISH ON BUN, LETTUCE, TOMATO, PICKLE, TARTAR SC, POTATO WEDGES, COLESLAW W/DRESSING, PEACH CHANTILLY

### JAN 13-17 CDH/AWD WEEK 8 2012

13<sup>th</sup> MON CHIC TENDERS/GRAVY, MASHED POTATOES, MIXED SQUASH, WHEAT ROLL, FRUIT CUP

14<sup>th</sup> TUE CHICKEN A LA KING/RICE, CALIFORNIA BLEND VEG, SPINACH MUSHRM SALAD, WHEAT ROLL, CHOC CHIP COOKIE

15<sup>th</sup> WED BBQ BRISKET, HASHBROWNS, TURNIP GREENS, CORNBREAD OR WWBUN, FLUFFY PINEAPPLE PIE

16<sup>th</sup> THU CHAR BRO HAMBURGER, SL TOM/PICKLES/ONIONS/LETTUCE, HERBED POTATO FRIES, WHEAT BUN, BERRY COBBLER

17<sup>th</sup> FRI BK FISH SCANDIA/LEMON, POTATOES W/RED SKINS, COLESLAW W/APPLE, CORNBREAD, PEACH SHORTCAKE

### JAN 20-24 CDH/AWD WEEK 6 2012

20<sup>TH</sup> MON KING RANCH CASSEROLE, VEG IN ENTRÉE, PINTO BEANS, TORTILLA, SUGAR COOKIE/PA RINGS

21<sup>ST</sup> TUE POLISH SAUSAGE, RED CABBAGE W/SWEET & SOUR SAUCE, GERMAN POTATO SALAD, WHEAT ROLL, BLACK FOREST PARFAIT

22<sup>ND</sup> WED SMOTHERED STEAK, MASHED POTATOES, MIXED GREENS, WHEAT ROLL, PEACH SHORTCAKE

23<sup>RD</sup> THU BBQ CHICKEN, SMOTHERED POTATOES, CARROT SALAD, WHEAT ROLL, SLICED APPLES

24<sup>th</sup> FRI POLLOCK WEDGE/LEM SL, LIMA BEANS, COLESLAW/RAISINS, CORNBREAD, LEMON COOKIE

### JAN 27-31 CDH/AWD WEEK 7 2012

27<sup>TH</sup> MON TACO PIE W/SALAD TOPPING, PINTO BEANS, CHUCKWAGON CORN, TORTILLA, IMIT PEANUT BUTTER CUP

28<sup>TH</sup> TUE PORK CHOPS, TURNIP GREENS, BLACK EYED PEAS, CORNBREAD, APPLESAUCE

29<sup>TH</sup> WED BEEF POT ROAST, ROAST POTATOES, ROAST CARROTS/PEPPERS, WHEAT ROLL, PEACH COBBLER

30<sup>TH</sup> THU CHICKEN TETRAZZINI, ITALIAN VEGETABLES, TOSSED SAL/ITAL DRSG, GARLIC BREAD, OATMEAL COOKIE

31<sup>ST</sup> FRI TILAPIA/LEMON, MUSTARD GREENS, MARINATED CUCUMBER & ONIONS, CORNBREAD, STARWBERRY SHORTCAKE

**DID YOU KNOW?** High intake of 'added sugar' has been linked with non-alcoholic fatty liver disease, insulin resistance, elevated triglycerides, abdominal obesity, and high cholesterol over time. So check nutrition labels before buying processed foods or stick to consuming whole foods like fresh fruits and vegetables.