

**January
Ohio Congregate**



513-244-5485

3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday
FLAME B. BEEF STEAK OR	HAM AND BEANS OR	SALISBURY STEAK OR	CHICKEN SALAD SANDWICH OR	GRILLED SAUSAGE OR
CHICKEN STRIPS	SLOPPY JOE	GRILLED CHICKEN	TURKEY SANDWICH	BEEF PATTY
ROASTED BABY BAKERS MIXED VEGETABLES SLICE BREAD MARGARINE BANANA SKIM MILK SNACK BAR	SPINACH TATER TOTS SLICE BREAD/WW BUNS MARGARINE APPLESAUCE SKIM MILK SUNCHIPS	MASHED POTATOES FRENCH GREEN BEANS SLICE BREAD MARGARINE PEACHES SKIM MILK GRANOLA BAR	POTATO SALAD COLESLAW SLICE BREAD MARGARINE PEACHES SKIM MILK GRAHAM CRACKER	POTATO WEDGE MIXED VEGETABLES SLICE BREAD MARGARINE APPLE JUICE SKIM MILK FRUIT CUP
10	11 Tuesday	12 Wednesday	13 Thursday	14 Friday
CININNATI CHILI & SPAGHETTI OR	LASAGNA ROLLUPS W/ MEAT SAUCE OR	3OZ.. CHICKEN STRIPS OR	SLOPPY JOE OR	MEATLOAF OR
MEATBALLS/MARINARA	GRILLED CHICKEN	3oz CHEESEBURGER	PORK BBQ	CHICKEN PATTY
CORN AND BLACK BEANS SLICE BREAD MARGARINE CINN APPLES ORANGE SKIM MILK FRUIT CUP	ITALIAN MIXED VEGETABLES APPLE CRISP SLICE BREAD MARGARINE APPLE JUICE SKIM MILK GRAHAM CRACKERS	ITALIAN MIXED VEGETABLES TATER BARRELS SLICE BREAD MARGARINE CRANBERRY JUICE SKIM MILK BROWNIE	GREEN BEAN BABY BAKERS HAMBURGER BUN MARGARINE TROPICAL FRUIT JUICE SKIM MILK CHEESE ITS	AUGRATIN POTATOES MIXED VEGETABLES SLICE BREAD MARGARINE DICED PEACHES SKIM MILK LORNA DOONES
17 Monday	18 Tuesday	19 Wednesday	20 Thursday	21 Friday
MLK Day Closed	SALISBURY STEAK OR	CHEESEBURGER OR	CHICKEN STRIPS OR	CHEESEBURGER MEATLOAF OR
	PORK FRITTER	GRILLED CHICKEN	SLICED HAM	SLICED TURKEY
	MASHED POTATOES FRENCH GREEN BEANS SLICE BREAD MARGARINE PEACHES SKIM MILK GRANOLA BAR	SWEET POTATO PUFF MIXED BERRY CRISP WHEAT BUN MARGARINE ORANGE SKIM MILK MARSHMALLOW PIE	TATER TOTS ITATLIAN VEGETABLES SLICE BREAD MARGARINE FRUIT CUP SKIM MILK OREOS	BABY BAKERS CA MIX VEGGIES SLICE BREAD MARGARINE ORANGE JUICE SKIM MILK T.H. CRACKERS
24 Monday	25 Tuesday	26 Wednesday	27 Thursday	28 Friday
HERBED CHICKEN PATTY OR	CININNATI CHILI OR	COUNTRY FRIED STEAK OR	PORK CUTLET OR	CHICKEN WING DINGS OR

COUNTRY FRIED STEAK	MEATBALLS w/ MARINARA	GRILLED CHICKEN	FLAME B. BEEF STEAK	GRILLED SAUSAGE
MACARONI & CHEESE	SPAGHETTI	SCALLOPED POTATO	SAUERKRAUT	AUGRATIN POTATOES
CHATEAU VEGETABLE BLEND	SHREDDED CHEESE	CALIFORNIA VEGGIES	DICED PARSLIED POTATOES	MIXED VEGETABLES
SLICE BREAD	CORN & BLACK BEANS	SLICE BREAD	SLICE BREAD	SLICE BREAD
MARGARINE	CINN APPLES	MARGARINE	MARGARINE	MARGARINE
APPLE JUICE	GRAPE JUICE	CRANBERRY JUICE	TROPICAL FRUIT JUICE	DICED PEACHES
SKIM MILK	SKIM MILK	SKIM MILK	SKIM MILK	SKIM MILK
FRUIT CUP	FROSTED FUDGE CAKE	LORNE DOONE	BROWNIE	FRUIT CUP
31 Monday				
HAM AND BEANS OR				
SLOPPY JOE				
SPINACH				
TATER TOTS				
SLICE BREAD/WW BUNS				
MARGARINE				
APPLESAUCE				
SKIM MILK				
SUNCHIPS				

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CHEF SALAD TURKEY
OR

CHEF SALAD HAM
LETTUCE, EGG, CHEESE
GRAPE TOMATOES & BROCCO
SALAD DRESSING
CRACKERS
CRANBERRY JUICE
SKIM MILK
LORNE DOONE

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