

**Quality Culinary –
January 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1/3-Baked Sliced Chicken (2oz) Roasted Sweet Potato (1/2c) Fresh Broccoli Florets(1/4c) LF Ranch Dressing Whole Grain Bread (1/2c) 1% Milk (8oz)</p>	<p>1/4-*Beefaroni (2oz) Corn (1/2c) Applesauce (1/4c) Macaroni (1/4c) Garlic Bread (1/2c) 1% Milk (8oz)</p>	<p>1/5-*Picadillo (2oz) Sliced Tomatoes (1/2c) Fresh Fruit (1/4c) Congri/Cuban Bread (1/2c) 1% Milk (8oz)</p>	<p>1/6-*Lasagna with Ground Turkey or Beef (2oz) Mixed Vegetables (1/2c) Mandarin Oranges (1/4c) Soft Roll (1/2c) 1% Milk (8oz)</p>	<p>1/7-*Arroz Con Pollo (2oz) Green Beans (1/2c) Salad (spinach, romaine, tomato, cucumber) (1/2c) Brown Rice (1/2c) LF Ranch Dressing 1% Milk (8oz)</p>
<p>1/10-Roast Turkey Slices (2oz) Peas & Carrots (1/2c) Pears (1/4c) Moros (1/2c) 1% Milk (8oz)</p>	<p>1/11-*Chicken Nuggets (2oz) Ketchup Steamed Broccoli (1/2c) Applesauce (1/4c) Whole Grain Bread (1/2c) 1% Milk (8oz)</p>	<p>1/12-*Hamburger (2oz) Green Beans (1/2c) Fresh Fruit (1/4c) Bun (1/2c) Ketchup Packet 1% Milk (8oz)</p>	<p>1/13-*Fricassee de Pollo (2oz) Mangu (1/2c) Red Beans (1/4c) Brown Rice (1/2c) 1% Milk (8oz)</p>	<p>1/14-*Turkey Cuban Sandwich (2oz) Swiss & Pickles Roasted New Potatoes (1/2c) Salad (spinach, romaine, tomato, cucumber) (1/2c) Cuban Bread (1/2c) French Dressing 1% Milk (8oz)</p>
<p>1/17-*Ropa Vieja (2oz) Black Beans (1/2c) Pineapple (1/4c) Brown Rice (1/2c) 1% Milk (8oz)</p>	<p>1/18-*Breaded Chicken Patty (2oz) Green Peas (1/2c) Apple Slices (1/4c) Roll (1/2c) 1% Milk (8oz)</p>	<p>1/19-*Meatloaf (2oz) Ketchup Fresh Mashed Potato (1/2c) Fruit Cocktail (1/4c) Whole Grain Bread (1/2c) 1% Milk (8oz)</p>	<p>1/20-*Spaghetti & Meat Sauce (2oz) Steamed Baby Carrots (1/2) Salad (spinach, romaine, tomato, cucumber) (1/2c) Macaroni (1/4c) Garlic Bread (1/4c) LF Ranch Dressing 1% Milk (8oz)</p>	<p>1/21-*Cheese Pizza (2oz) Mixed Vegetables (1/2c) Pears (1/4c) Pizza Crust (1/2c) 1% Milk (8oz)</p>
<p>1/24-*Roast Beef (2oz) Green Peas (1/2c) Pineapple (1/4c) Brown Rice(1/2c) 1% Milk (8oz)</p>	<p>1/25-*Breaded Fish (2oz) Ketchup Steamed Baby Carrots (1/2c) Salad (spinach, romaine, tomato, cucumber) (1/2c) Soft Roll (1/2c) LF Italian Dressing 1% Milk (8oz)</p>	<p>1/26-*Picadillo (2oz) Yucca (1/2c) Mixed Vegetables (1/4c) Congri (1/2c) 1% Milk (8oz)</p>	<p>1/27-*Baked Chicken (2oz) Butternut Squash (1/2c) Broccoli (1/4c) Cuban Bread (1/2c) LF Ranch Dip 1% Milk (8oz)</p>	<p>1/28-*Hamburger (2oz) Bun (2oz) Oven Fried Potatoes (1/2c) Pears (1/4c) Lettuce & Tomato 1% Milk (8oz)</p>
<p>1/31-*Chicken Gravy/Sauce (2oz) Peas & Carrots (1/2c) Peaches (1/4c) *Macaroni & Cheese (1/2c) 1% Milk (8oz)</p>	<p>2/1-*Beef Empanada (2oz) Congri (1/2c) Plantains (1/2c) Tomato Slices (1/4c) 1% Milk (8oz)</p>	<p>2/2*Ravioli Broccoli, Cauliflower, Carrots (1/2c) Mandarins (1/4c) WG Roll (1/2c) 1% Milk (8oz)</p>	<p>2/3-*Cuban Stew with Beef (2oz) Mixed Vegetables (1/2c) Moros (1/2c) Fresh Fruit (1/4c) 1% Milk (8oz)</p>	<p>2/4--*Chicken Nuggets (2oz) Fresh Mashed Potatoes Salad (spinach, romaine, tomato, cucumber) (1/2c) Italian Dressing Soft Roll (1/2c) 1% Milk (8oz)</p>