

Russian Menu

January

Monday 1 st	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th
Happy New Year	Chicken Kiev Steamed Rice Peas and Onions Whole Grain Bread Jello Milk (cal) 833 (Na) 962	Herb Crusted Tilapia Roast Sweet Potato Asparagus Dinner Roll Brownie Milk (cal) 986 (Na) 814	Beef Kabob Mashed Potato Vegetable Medley Whole Grain Bread Pears Milk (cal) 714 (Na) 613	Baked Macaroni and Cheese Stewed Tomato Dinner Roll Pudding Milk (cal) 800 (Na) 1056
Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th
Apple Stuffed Chicken w/ Gravy Collard Greens Polenta Dinner Roll Cake Milk (cal) 849 (Na) 795	Cheese Blintz w/Blueberry Sauce Home Fries Veggie Sausage Whole Grain Bread Pineapple Milk (cal) 868 (Na) 1013	Herb Salmon w/ Lemon Sauce Steamed Rice Cauliflower Dinner Roll Peaches Milk (cal) 844 (Na) 499	Meatball Stroganoff Egg Noodles Roast Carrots Whole Grain Bread Clementine Milk (cal) 818 (Na) 869	Chicken Schnitzel with Gravy Sweet Potato Zucchini Dinner Roll Orange Milk (cal) 952 (Na) 1144
Monday 15th	Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th
MLK Day	Rotisserie Chicken Baked Sweet Potato Mixed Vegetables Whole Grain Bread Cake Milk (cal) 1004 (Na) 972	Lemon Dill Cod Rice Pilaf Summer Squash Dinner Roll Mixed Fruit Milk (cal) 936 (Na) 913	Beef Stew Mashed Potato Whole Grain Bread Jello Milk (cal) 921 (Na) 887	Chicken Cacciatore Steamed Rice Dinner Roll Peaches Milk (cal) 674 (Na) 563
Monday 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th
Kotleti Chicken Patty with Gravy Roast Beets and Baked Potato Dinner Roll Fruit Cup Milk (cal) 1099 (Na) 907	Beef Knish Kasha Vanishka Broccoli Whole Grain Bread Orange Milk (cal) 1145 (Na) 818	Carved Turkey with Gravy Green Beans Mashed Potato Dinner Roll Apple Crisp Milk (cal) 990 (Na) 943	Meatloaf with Gravy Roast Vegetables Acorn Squash Whole Grain Bread Banana Milk (cal) 831 (Na) 679	Salmon Cake Roast Potato Spinach Dinner Roll Pudding Milk (cal) 877 (Na) 950
Monday 29th	Tuesday 30th	Wednesday 31st	Thursday	Friday
Apricot Chicken Roast Potato Asparagus Dinner Roll Brownie Milk (cal) 1051 (Na) 1000	Beef and Macaroni Steamed Broccoli Whole Grain Bread Pineapple Milk (cal) 795 (Na) 730	Fish Casserole Mixed Vegetables Steamed Rice Dinner Roll Cake Milk (cal) 767 (Na) 1220		