

WYANDOTTE COUNTY NUTRITION PROGRAM CONGREGATE MEAL SITE JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p align="center">SUGGESTED DONATION \$3.00 PER MEAL</p>	<p align="center">SUGGESTED DONATION \$3.00 PER MEAL</p> <p align="center">IF YOU HAVE ANY QUESTIONS OR CONCERNS CONTACT 913-573-8531</p>	<p>3</p> <p align="center">Beef Stew w/ Vegetables Tossed Salad w/ Red Cab & Tomato French Dressing Biscuit Margarine Strawberries & Bananas</p>	<p>4</p> <p align="center">Open Faced Turkey Sandwich w/ Gravy Mashed Potatoes Green Peas Wheat Bread Margarine Mandarin Oranges Graham Crackers</p>
<p>6</p> <p>Tuna Noodle Casserole Shredded Cheddar Cheese Bread Crumbs Green Beans Cabbage Margarine Biscuit Cinnamon Applesauce</p>	<p>7</p> <p align="center">Roast Pork Brown Gravy Brussels Sprouts Sweet Potato Patties White Dinner Roll Margarine Oatmeal Apple Crisp</p>	<p>8</p> <p align="center">WW Spaghetti & Meatballs Italian Vegetables Tossed Salad w/ Red Cab & Tomato Italian Dressing Parmesan Cheese Garlic Bread Fruit Delight</p>	<p>9</p> <p align="center">Baked Quarter Chicken Leg Carrots Sweet Potato Fries Whole Wheat Bread Margarine Citrus Mix</p>	<p>10</p> <p align="center">Baked Shredded Pork Pico de Gallo Mexican Rice Mexican Pinto Beans Sour Cream White Corn Tortilla Fruit Deligh</p>
<p>13</p> <p>Breaded Cod Fish American Cheese Green Peas Creamy Cole Slaw WG Hamburger Bun Margarine Tartar Sauce Mandarin Oranges</p>	<p>14</p> <p align="center">Pot Roast w/Onions Potatoes & Carrots Pickled Beets Wheat Dinner Roll Margarine Orange</p>	<p>15</p> <p align="center">Spanish Chicken Mexican Rice Mexican Pinto Beans Carrots White Corn Tortillas Margarine Strawberries w/ Topping</p>	<p>16</p> <p align="center">Chili and Beans Shredded Cheese Diced Onion Corn Tossed Salad w/ Tomato and Red cabbage Ranch Dressing Whole Wheat Crackers Orange</p>	<p>17</p> <p align="center">Chicken & Noodles w/ Shredded Cheddar Cheese Green Peas Cauliflower w/ Red Pepper Wheat Bread Pineapple Chunks Margarine</p>
<p>20</p> <p align="center">HOLIDAY Center is Closed Martin Luther King Jr day</p>	<p>21</p> <p align="center">Battered Pollock Fish Carrots Cabbage/ Kohlabi Coleslaw Wheat Dinner Roll Margarine Tartar Sauce Mandarin Orange</p>	<p>22</p> <p align="center">Mexican Pork Chili Mexican Pinto Beans Chuck wagon Corn Salsa White Corn Tortillas Tropical Fruit</p>	<p>23</p> <p align="center">Hamburger American Cheese Lettuce, Tomato, Onion, Pickles Potato Wedges WG Hamburger Bun Ketchup, Mustard Mayo Orange</p>	<p>24</p> <p align="center">Meatball Grinder w/Shrd Mozzarella Italian Vegetables Tossed Salad Italian Dressing WW Hot Dog Bun Margarine Peaches</p>
<p>27</p> <p>Lemon Baked Fish Scandinavian Blend Baked Potato Cheddar Cheese Wheat Dinner Roll Tartar Sauce Sour Cream FF Sliced Peaches</p>	<p>28</p> <p align="center">Liver & Onion Green Peas Au Gratin Potatoes Wheat Dinner Roll Margarine Tropical Fruit</p>	<p>29</p> <p align="center">Cheese & Onion Enchilada Casserole Mexican Pinto Beans Chuck wagon Corn Margarine Bananas & Strawberrie</p>	<p>30</p> <p align="center">Pork Stir Fry WG Brown Rice Oriental Vegetables Seasoned Cabbage Wheat Dinner Roll Margarine LS Soy Sauce Tropical Fruit</p>	<p>31</p> <p align="center">Oven Fried Chicken Chicken Gravy Mashed Potatoes Green Beans Wheat Roll White Cake w/ Strawberries Vanilla Ice Cream</p>