




# Erie County Stay Fit Dining Program

## AFRICAN-AMERICAN MENU

### JANUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <b>NO MEALS SERVED</b>	<b>2</b> Sloppy Joe on a Wheat Bun Fiesta Corn Green Beans Pineapple Tidbits (738)	<b>3</b> Ham Steak w/Pineapple Sc Ov Br Potato w/ Red Pepper & Onion Seasoned Mashed Squash Frosted Chocolate Brownie (838)	<b>4</b> Chicken Leg w/ BBQ Sauce Mashed Potato Peas Dinner Roll Tapioca Pudding (791)	<b>5</b> Steakhouse Burger w/Gravy on a Hamburger Bun Baked Beans <b>Sweet Potato Casserole</b> Fruited Gelatin (1156)
<b>8</b> Beef Macaroni Casserole w/ Cheddar Cheese Cauliflower Fiesta Corn Dinner Roll Pineapple Tidbits (757)	<b>9</b> Breaded Chicken Breast w/Scaloppini Sc Msh Sweet Potato Green Beans w/Red Pepper Wheat Dinner Roll Peach and Pear Cup (782)	<b>10 SIDE SALAD</b> Mac and Cheese with Chicken Casserole Diced Beets Chef Salad w/Dressing Rye Bread Apple (1041)	<b>11</b> Hamburger w/Mushroom Gravy on a Bun Oven Br Potato Seasoned Mashed Squash Chocolate Pudding (931)	<b>12 MLK Jr. Celebration</b> <b>Breaded Boneless Pork                      Chop w/Gravy                      Mashed Potato</b> <b>Seasoned Mixed Greens</b> <b>Cornbread</b> <b>Banana Cream Pie</b> (1131)
<b>15</b>  <b>NO MEALS SERVED</b>	<b>16</b> Penne Pasta w/Meatballs and Tomato Meat Sauce Peas Grape Juice Chocolate Chip Cookies (1093)	<b>17</b> Boneless Chicken Breast w/ Herb Gravy Mashed Sweet Potato Brussels Sprouts Wheat Dinner Roll Tropical Fruit Cup (639)	<b>18</b> Meatloaf w/Onion Gravy Mashed Potato Mixed Vegetable Wheat Bread Rice Pudding w/ Raisins (811)	<b>19 ENTRÉE SALAD</b> Julienne Salad with Classique Dressing Dinner Roll Orange(794) 
<b>22</b> Boneless Chicken Breast w/ Gravy Cheesy Mashed Potato Peas Dinner Roll Butterscotch Pudding (657)	<b>23</b> Br Veal Patty w/ Italian Tomato Sc and Mozz Cheese over Penne Pasta Apple Juice Seasoned Spinach Carnival Sugar Cookies (972)	<b>24</b> Ham Steak w/Maple Glaze Lyonnaise Mashed Potato Green Beans Wheat Bread Fruited Gelatin (703)	<b>25 SIDE SALAD</b> Hot Dog w/ Chili Sc on a Bun Potato Salad California Blend Vegetable Pineapple Tidbits (854)	<b>26</b> Breaded Boneless Pork Chop w/Gravy <b>Sweet Potato Casserole</b> <b>Seasoned Mixed Greens</b> <b>Cracklin Bread</b> Apple (994)
<b>29</b> Swedish Meatballs over Cavatappi Brussels Sprouts Corn Chocolate Pudding (785)	<b>30 ENTRÉE SALAD</b> <b>Caesar Salad w/ Breaded                      Chicken Breast, Caesar                      Dressing, Parmesan                      Cheese and Croutons</b> <b>Dinner Roll</b> <b>Tropical Fruit (979)</b>	<b>31</b> Lasagna w/ Tomato Meat Sc & Mozz Cheese Seasoned Spinach w/ Mushrooms, Cauliflower Italian Bread Frosted Lemon Cake (982)	<b>1</b> Sliced Turkey Breast w/ Gravy over Dressing Sour Cream & Chive Mashed Potato, Peas Strawberry Bavarian (741)	<b>2 GROUND HOG DAY</b> Steakhouse Burger w/Gravy on a Bun Baked Beans Carrots Orange CHOCOLATE MILK (992)

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