



Erie County Stay Fit Dining Program

Standard Menu

January 2022



Tuesday	Wednesday	Thursday
<p>4</p> <p>Macaroni & Cheese Zucchini & Tomatoes Green Beans Wheat Dinner Roll Fruit Cocktail (832)</p> 	<p>5 Entrée Salad</p> <p>Julienne Salad with Dressing Dinner Roll Rice Krispie Treat (652)</p>	<p>6</p> <p>Tortellini with Tomato Meat Sauce Chef Salad with Dressing Italian Mixed Vegetables Italian Bread Fresh Orange Chocolate Milk (704)</p> 
<p>11</p> <p>Beef Pepper Steak Casserole over Rice Broccoli Wax Beans with Carrot Butterscotch Pudding (645)</p>	<p>12</p> <p>Penne Pasta with Meatballs, Tomato Sauce & Mozzarella Cheese Chef Salad with Dressing Country Cottage Mix Grape Juice Ambrosia (841)</p> 	<p>13</p> <p>Roast Pork Loin with Cranberry Chutney Sweet Potatoes Green Beans Wheat Bread Cinnamon Applesauce Chocolate Milk (756)</p> 
<p>18</p> <p>Ancho Chicken Fajita Skillet with Peppers, Onions, Salsa & Shredded Cheddar Flour Tortilla Seasoned Black Beans & Rice Fiesta Corn Tropical Fruit (763)</p> 	<p>19</p> <p>Beef Bourguignon Mashed Potatoes French Bean Medley Wheat Bread Oatmeal Raisin Cookies (857)</p>	<p>20 New Menu Item! Entrée Salad</p> <p>Turkey Tzatziki Salad on a Bed of Fresh Salad Greens & Cherry Tomatoes Pita Bread Fresh Banana Chocolate Milk (603)</p>  
<p>25</p> <p>Hot Dog with Baked Beans & Ketchup on a Bun Roasted Red Potato Carrots Fresh Apple Chocolate Milk (776)</p> 	<p>26 Entrée Salad</p> <p>Cranberry Chicken Salad on a Bed of Fresh Salad Greens & Cherry Tomatoes Club Crackers Cinnamon Streusel Cake (831)</p> 	<p>27</p> <p>Lasagna Roll with Meatsauce California Mixed Vegetables Grape Juice Chef Salad with Dressing Dinner Roll Lemon Bavarian (754)</p>
<p>1 Entrée Salad</p> <p>Greek Grilled Chicken Breast Salad Breakaway Roll Cinnamon Pear Crisp (867)</p> 	<p>2</p> <p>Lentil Bolognese Pasta Broccoli Chef Salad with Dressing Dinner Roll Peach Bavarian (730)</p>	<p>3</p> <p>Breaded Pork Chop with Gravy Lazy Pierogi Harvard Beets Whole Wheat Dinner Roll Pineapple & Mandarin Oranges (700)</p> 