



## Denton County January 2019

## Cycle 1, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Closed for New Year's Day</b>	All Beef Patty^ Lettuce/Tomato/Onion Baked Beans Hamburger Bun Apple Cobbler Milk Mayonnaise and Mustard Diet - Cinnamon Applesauce  Cal: 881    Fat: 29g	Turkey Spaghetti Casserole Cauliflower Herbed Green Beans Whole Wheat Breadstick Fresh Fruit Milk Diet - Same  Cal: 601    Fat: 15g	Cheese Omelet ✓ O'Brien Potatoes Sliced Carrots Whole Wheat Bread Strawberry Crème Pie^ Milk Picante Sauce Diet - Cake  Cal: 838    Fat: 36g
Country Fried Steak* Country Gravy Garlic Whipped Potatoes Tangy Spinach Dinner Roll Cherry Upside Down Cake^ Milk Diet - Cake  Cal: 864    Fat: 30g	Pulled Parmesan Chicken^ Macaroni and Cheese Italian Vegetables Whole Wheat Bread Creamsicle Pudding Milk Diet - Vanilla Pudding  Cal: 769    Fat: 19g	Beef Taco Meat Lettuce/Tomato/Onion Pinto Beans Flour Tortilla Peach Cobbler Milk Taco Sauce Diet - Pineapple Tidbits  Cal: 797    Fat: 23g	Pineapple Glazed Ham Black-Eyed Peas Mixed Greens Cornbread Fresh Banana Milk Diet - Same  Cal: 617    Fat: 17g	10 Grain Pollock Rice Florentine Mixed Vegetables Whole Wheat Bread Gingerbread Cookie Milk Diet - Same  Cal: 656    Fat: 18g
Baked Chicken Breast Chicken Gravy Chuckwagon Corn Green Beans Amandine Dinner Roll Fresh Fruit Milk Diet - Same  Cal: 568    Fat: 12g	Ground Beef Stew Lima Beans Spinach Cornbread Fudge Cream Cookie Milk Diet - Same  Cal: 877    Fat: 33g	Chicken Fajitas Spanish Rice Sliced Carrots Flour Tortilla Fruited Orange Gelatin Milk Diet - Fruited Gelatin  Cal: 617    Fat: 10g	All Beef Patty^ Lettuce/Tomato/Onion Sweet Potato Tots Hamburger Bun Cranapple Cobbler Milk Mayonnaise and Mustard Diet - Mixed Fruit  Cal: 941    Fat: 40g	Vegetarian Lasagna ✓ Squash Medley Broccoli Whole Wheat Breadstick Lemon Glazed Pound Cake^ Milk Diet - Cake  Cal: 654    Fat: 17g
<b>Closed for Martin Luther King Jr. Day</b>	Alfredo Chicken Breast^ Tossed Salad Green Beans Whole Wheat Bread Peach Cobbler Milk Ranch Salad Dressing Diet - Pineapple Tidbits  Cal: 727    Fat: 22g	Ham and Kidney Beans Cajun Rice Okra, Tomatoes, and Corn Cornbread Carnival Cookie Milk Diet - Cookie  Cal: 774    Fat: 20g	Oven Fried Chicken Thigh Green Peas Glazed Carrots Texas Bread Fruited Strawberry Gelatin Milk Diet - Fruited Gelatin  Cal: 857    Fat: 29g	Tuna Salad Pasta Salad Cold Pickled Beets Saltine Crackers Oatmeal Cream Cookie Milk Diet - Same  Cal: 691    Fat: 17g
Cheesy Chicken Macaroni Green Beans with Onions Stewed Tomatoes Whole Wheat Bread Fresh Fruit Milk Diet - Same  Cal: 615    Fat: 14g	All Beef Patty^ Lettuce/Tomato/Onion Baked Beans Hamburger Bun Apple Cobbler Milk Mayonnaise and Mustard Diet - Applesauce  Cal: 952    Fat: 38g	Sliced Turkey and Swiss Cheese Lettuce and Tomato Corn Salad Whole Wheat Bread (2) Banana Pudding Milk Mustard Diet - Vanilla Pudding  Cal: 880    Fat: 24g	Meatloaf* Brown Gravy Ranch Whipped Potatoes Broccoli and Cauliflower Whole Wheat Bread Nutty Buddy Bar Milk Diet - Same  Cal: 616    Fat: 19g	

*Olivia Jackson, RD, LD* #DT84287 11/6/18

^ Upgrade  
 New Menu Item  
 Vegetarian Entrée  
 Meal > 1,000 mg sodium  
 \* Soy containing item ( < 6.5% of total volume)