

2012



January Cafeteria Menu



2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Chicken/White Sauce Crusty Pork Chop Baked Potato Butter Peas Green Beans Okra & Tomatoes	1 Chicken Fingers Salisbury Steak Macaroni & Cheese Turnip Greens Cream Potatoes California Veg.	**2 Mushroom Chicken Baked Pork Chop Stewed Apples Green Beans Butter Peas Hashbrown Casserole	3 Lemon Pepper Fish Taco Salad Rice Pilaf Pinto Beans Broccoli Fried Squash	4 BBQ Chicken Hamburger French Fries Baked Beans Okra & Tomatoes Mixed Vegetables	5 Fried Catfish Chili Glazed Carrots Kernel Corn Baked Potato Green Beans	6 Fish Sticks Hot Dog Crowder Peas Cream Potatoes Mixed Vegetables Vegetable Sticks
Turkey & Dressing Baked Ham Candied Yams Black-eye Peas Green Beans Turnip Greens	8 Fried Tilapia Spaghetti Seasoned Rice Broccoli Crowder Peas Baked Sweet Potato	9 Chicken Fingers Enchilada Casserole Kernel Corn Glazed Carrots French Fries California Veg.	10 Chicken Tampico Honey Garlic Pork Chop Cream Potatoes Steamed Cabbage Turnip Greens Fried Okra	11 Chicken Poulette Hamburger Candied Yams French Fries Brussel Sprouts Green Beans	12 Fish Sticks Beef Stew Okra & Tomatoes Mixed Vegetables Broccoli Casserole Baked Potato	13 Chicken Nuggets Corndog Mac & Cheese French Fries Green Beans English Peas
Roast Beef Fried Chicken Wings Cream Potatoes English Peas Corn on Cob Baked Beans	15 Tilapia Parmesan Chicken Sandwich Green Beans Crowder Peas Glazed Carrots Hashbrown Casserole	16 Meatloaf Sweet/Sour Chicken English Peas Ranch Potatoes Corn Nuggets Baked Squash	17 Shrimp Gumbo BBQ Pork White Rice Mixed Vegetables Broccoli Baked Beans	18 Chicken Stew Hamburger/ Chili Dog French Fries Green Beans California Veg. Crowder Peas	19 Fish Sandwich Hot Wings Okra & Tomatoes Turnip Greens Kernel Corn Baked Sweet Potato	20 Pizza Sticks Chicken Sandwich French Fries Lima Beans Mixed Vegetables Cooked Carrots
Beef Stew Turkey & Dressing Candied Yams French Fries Green Beans Okra & Tomatoes	22 Chicken Fingers BBQ Pork Sandwich Glazed Carrots French Fries Mixed Vegetables Crowder Peas	23 Chicken/White Sauce Red Beans and Rice Sweet Potatoes Turnip Greens California Vegetables Corn Nuggets	24 Hawaiian Pork/Polenta Sesame Chicken Vegetable Fried Rice Broccoli Egg Roll Mushroom Potatoes	25 Chicken Pot Pie Hamburger Pinto Beans French Fries Brussel Sprouts Green Beans	26 Lemon Pepper Fish Country Steak/Gravy Cream Potatoes Fried Okra Baked Squash English Peas	27 Chicken Fingers Hamburger Stewed Apples Mixed Vegetables French Fries Blackeye Peas
Chicken/White Sauce Crusty Pork Chop Baked Potato Butter Peas Green Beans Okra & Tomatoes	29 Chicken Fingers Salisbury Steak Macaroni & Cheese Turnip Greens Cream Potatoes California Veg.	30 Chicken Holland Baked Pork Chop Stewed Apples Green Beans Butter Peas Hashbrown Casserole	31 Hours of Operation: (Mon – Fri) Breakfast 7:00-9:00 Lunch 11:00-1:30	Hours of Operation: (Sat – Sun) Breakfast 8:00-9:00 Lunch 11:30-1:00	Chicken Salad Mon, Tues, Wed Tuna Salad Thurs, Fri, Sat Salad Bar Daily	Items subject to change based on food availability

** January 2 – Cafeteria will operate on Weekend Schedule

Heart Healthy Menu Items are highlighted in bold print.

Soup will be served on Tuesdays.