**Dorchester / Talbot Meals**

**January 2023 Lunch menu include 8oz 1% Milk *(Menu subject to change)***

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| **Week 4 1/2** | **1/3** | **1/4** |  **1/5** |  **1/6** |  **1/7** |
| Spaghetti & Meatballs (3)Steam Green BeansDiced PeachesGarlic BreadJuice | Baked ChickenMashed PotatoesButtered PeasFruit Jello (¾ c.)W.W. BreadJuice | Low Salt Turkey & Swiss SandwichOn W. W. BreadCole SlawBaked Potato ChipsFresh OrangeJuice | Baked Ham SteakHomestyle Macaroni & CheeseSteam BroccoliCherry CrispW.W. Bread w/ Marg.Juice | Navy Bean Soup (8oz)Small Garden SaladDiced PearsButtermilk Biscuit w/ Marg.Juice | Hot Roast BeefMashed PotatoesMixed VegetablesRaisin BoxW.W. Bread w/ Marg.Juice |
| **Week 1 1/9** | **1/10** | **1/11** |  **1/12** |  **1/13** |  **1/14** |
| Cheeseburger on BunOven Waffle French FriesWax BeansMandarin OrangesJuice | Oven Fried ChickenCountry Style Boiled PotatoesGlazed CarrotsTropical Fruit SaladW.W. Bread/ Marg.Juice | Fish Sandwich on Bun w/ TartarSauceOven French FriesSugar Snap PeasDiced PearsJuice | Grilled Chicken Caesar Salad w/Fresh Green, Parm. Cheese, EggCroutons, Tomato Wedge (3)Potato SaladW.W. Crackers (6)PeachesJuice | Tuna Salad on W.W. BreadLettuce & Tomato SlicesMelon CupJuice | BBQ Rib Sandwich on BunSweet Potato FriesGreen BeansFresh BananaJuice |
| **Week 2 1/16** | **1/17** | **1/18** | **1/19** | **1/20** | **1/21** |
| Baked Rock FishStew Tomatoes Green Lima BeansApple SauceW.W. Bread w/ Marg.Juice | Mini Cold Cut Sub on Roll, LowSalt Ham & Turkey, Lettuce,Cheese, TomatoCole SlawBaked Potato ChipsFruit CupJuice | Chicken Cordon BleuRice Pilaf Mixed Steam VegetablesDiced PearsW.W. Bread w/ Marg.Juice | Savory Meatloaf & GravyMashed PotatoesButtered PeasApricotsW.W. Bread w/ Marg.Juice | Baked Pork Chop w/ MushroomGravySteamed RiceCollard GreensApple SauceW.W. Bread w/ Marg.Juice | Turkey Burger w/ Lite GravyPinto BeansSteam CauliflowerFresh AppleW.W. Bread w/ Marg.Juice |
| **Week 3 1/23** | **1/24** | **1/25** | **1/26** | **1/27** | **1/28** |
| Lemon Pepper FishAu Gratin PotatoesVegetable BlendPineapple ChunksW.W. Bread w/ Marg.Juice | Beef Hot Dog on BunSouthern Style Baked BeansSteam CarrotsFruit cocktailJuice | Tuna Salad Plate w/ Lettuce &TomatoesMacaroni SaladFruit CupW. W. Crackers (3)Juice | Meatball Sub on Mini RollPotato WedgesSteam BroccoliDiced PeachesJuice | Baked Chicken Tenders w/ Honey Mustard SauceScallop PotatoesPeas & CarrotsFresh OrangesW.W. Bread w/ Marg.Juice | Baked LasagnaCalifornia Blend VegetablesApple SauceGarlic BreadJuice |

**Entrees provide 3oz protein in the suggested amount All other portion size 4oz (½ c) servings unless otherwise indicated**

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| **Week 4 1/30** | **2/1** | **2/2** | **2/3** | **2/4** | **2/5** |
| Spaghetti & Meatballs (3)Steam Green BeansDiced PeachesGarlic BreadJuice | Baked ChickenMashed PotatoesButtered PeasFruit Jello (¾ c.)W.W. BreadJuice | Low Salt Turkey & Swiss SandwichOn W. W. BreadCole SlawBaked Potato ChipsFresh OrangeJuice | Baked Ham SteakHomestyle Macaroni & CheeseSteam BroccoliCherry CrispW.W. Bread w/ Marg.Juice | Navy Bean Soup (8oz)Small Garden SaladDiced PearsButtermilk Biscuit w/ Marg.Juice | Hot Roast BeefMashed PotatoesMixed VegetablesRaisin BoxW.W. Bread w/ Marg.Juice |