






January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Closed for New Years Day  1</p>	<p>Pulled Pork on WG Hoagie Bag of Chips 2 Veggies Fruit Milk</p>	<p>Cheeseburger on WG Bun Lettuce & Tomatoes 3 Jo-jo's Fruit Milk</p>	<p>Chicken Fettuccini (WG) 4 Mixed Field Greens Salad WG Garlic French Bread Fruit Milk</p>	<p>Tater Tot Casserole w/ Ground Beef 5 Cherry Tomato Salad WG Muffin Fruit Milk</p>
<p>Club Sub on WG Bun 8 Cream Broccoli Cheese Soup Fruit Milk </p>	<p>Chicken Patty Burger on WG Bun 9 Broccoli Salad Chips Veggies, Fruit, Milk</p>	<p>Egg Salad on WG Croissant Vegetarian Lentil Soup 10 WG Crackers Fruit Milk</p>	<p>Chicken Tamale Pie Bake 11 Sour Cream & Salsa WG Tortilla Chips Mixed Field Greens Salad Fruit Milk</p>	<p>Chicken Pot Pie 12 Spinach Strawberry Salad WG Biscuit Fruit Milk</p>
<p>BBQ Chicken Thighs 15 Potato Salad Veggies WG Cornbread Fruit Milk</p>	<p>Chicken Enchiladas 16 WG Tortillas Refried Beans WG Spanish Rice Salsa & Sour Cream Fruit Milk</p>	<p>Cheesy Egg Bake w/Veggies 17 Sausage Links WG French Toast w/Strawberries Milk</p>	<p>Tuna & Cheese Melt On WG Bread 18 Tomato Ravioli Soup WG Crackers  Veggies Fruit, Milk</p>	<p>Fish 19 WG Rice Medley Veggies WG Biscuit Fruit Milk</p>
<p>Chicken Salad 22 On WG Croissant Minestrone Soup Veggies Fruit Milk</p>	<p>WG Spaghetti With Meatballs 23 WG Garlic French Bread Caesar Salad Fruit Milk</p>	<p>Chicken Teriyaki w/ WG Rice 24 Veggies WG Roll Fruit Milk</p>	<p>Ground Beef Meatloaf 25 Oven Roasted Red Potatoes Veggies WG Biscuit Cottage Cheese w/Fruit Milk</p>	<p>Herb Chicken Thighs 26 Baked Beans Veggies Fruit Salad WG Biscuit Milk </p>
<p>Ground Beef Lasagna (WG) Veggies Fruit WG Garlic Bread Milk</p>	<p>Sliced Turkey w/ Cranberry Sauce 30 Mashed Potatoes w/Gravy Veggies WG Roll Fruit Milk</p>	<p>Baked Potato Bar *** 31 Veggies WG Muffin  Fruit Milk</p>	<p>Milk Lochmead Dairy All milk served is 1%/non-fat unflavored or non-fat flavored milk for adult participants.</p>	<p><i>USDA and this institution are equal Opportunity providers and employers</i></p>

***BAKED POTATO BAR INCLUDES: POTATO, TACO MEAT, MELTED CHEESE, TOMATOES, GREEN ONIONS, COOKED BROCCOLI, SOUR CREAM & SALSA
Legend: WG = Whole Grain

Dental Screening Day

Wednesday January 24th

Our first Dental Screening Day was a hit. Participants had their dental health checked and suggestions were made to improve their dental care. Dental health is important for the health of everyone. Stay tuned for an additional screenings and follow-ups or treatment appointments.



The outing for January is another trip to the Albany Carousel. This is a very popular venue. We take small groups over so they are able to ride if they wish, the carousel is wheelchair accessible. And we will take a short tour of the painting and carving rooms. Those who have not gone will get first priority. We will continue to go as long as there is interest!!!



Winter weather is arriving. During times of inclement weather conditions, please call, (541-754-8417) after 7am or check our website for Grace Center closures at www.gracecenter-covallis.org

