

January

2019 ORDER FORM

Please circle the word "ALTERNATE" for each day you would like to receive that week's alternative meal.

ALTERNATIVE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey Burger Zucchini & Tomatoes Roasted Sweet - Potatoes Fresh Grapes Apple Cookie		1  HAPPY NEW YEAR LCAP CLOSED	2 Chicken Pot Pie Scalloped Potatoes Battered Cauliflower Apple Sauce ALTERNATE	3 Beef Ravioli w/ Sauce Peas w/ Pearl - Onions Carrots Fruit Cup ALTERNATE	4 Ham & Bean Soup Cole Slaw Beets Corn Muffin Fruit Cup ALTERNATE
Spaghetti and Meatballs Italian Green Beans w/ Tomatoes Parmesan Crusted - Cauliflower	7 BBQ Rib Patty Roasted Red - Potatoes Lima bean Casserole Fresh Orange Fruit Muffin ALTERNATE	8 Open Faced Roast Beef Sandwich Mashed Potatoes Green Beans & Tomatoes Corn Bread ALTERNATE	9 Teriyaki Chicken over Rice Oriental Vegetables Sucotash Banana ALTERNATE	10 Ham Loaf w/ Pineapple Sauce Vegetable Blend Mashed Potatoes Fruit Cup Muffin ALTERNATE	11 Cheeseburger on a Bun Hash Brown Mixed Vegetables Applesauce Cup Fig Bar ALTERNATE
Tomato Bisque Ham and Cheese Sandwich Beets Applesauce Cup	14 Beef Patty w/ Gravy Red Potatoes & Onions Green Beans w/ Tomatos Fruit Cup ALTERNATE	15 Macaroni & Cheese w/ Ham Corn Nuggets Peas & Carrots Fruit Cup ALTERNATE	16 Coutry Fried Steak Mashed Sweet - Potatoes Vegetable Blend Fruit Cup Apple Cookie ALTERNATE	17 Hot Chicken Sandwich Red Roasted - Potatoes Asparagus Fruit Cup ALTERNATE	18 Chili Soup Tossed Salad w/ Dressing Three Bean Salad Corn Muffin Fruit ALTERNATE
Fish on a Bun Peas Carrots Fruit Cup Gingerbread Cookie	21  MARTIN LUTHER KING JR. DAY LCAP CLOSED	22 Chicken & Gravy over Rice Black-eyed Peas Vegetable Blend Apple Sauce Cup ALTERNATE	23 Chili Mac Broccoli & Cheese Mixed Vegetables Fruit Cup ALTERNATE	24 Stuffed Peppers Corn Hot Peach Cobbler Apple Cookie ALTERNATE	25 Swedish Meatballs over Noodles Mixed Greens Carrots Fruit Cup ALTERNATE
Chicken Breast Noodles Green Beans Buttered Carrots Fruit Cup	28 Egg Rolls Fried Rice Oriental Vegetables Zucchini & Tomatoes Mandarin Oranges ALTERNATE	29 Sloppy Joe on a Bun Hash Brown Succotash Fruit Cup Nutty Bar ALTERNATE	30  CHEF'S CHOICE ALTERNATE	31 Tuna Noodle Casserole Carrots Vegetable Blend Fruit Cup ALTERNATE	nutritional information available upon request 

*all meals include two servings of grains, butter and carton of 2% milk

Please return your completed order form to your driver by December 7, 2018