

January

2025



# Lunch, 500 Calorie

### Lunch:

The 500 calorie meals are planned to be as close to 500 calories as possible, however, the nutritional content will vary slightly from day to day.

### Beverages:

All meals have 1/2 pint of fat free milk factored into the calorie count. If milk is not the desired beverage water, unsweetened tea, or other zero calorie beverages are recommended.

If you have special requests or concerns, please ask your server or see contact information below:

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Lasagna  Italian Vegetables  Fresh Fruit  Choice of Milk	2 Hamburger (no bun)  Lettuce & Tomato Parmesan Roasted Broccoli Fresh Fruit  Choice of Milk	3 Grilled Chicken Breast  Caesar Salad Baby Carrots w/ Ranch Applesauce  Choice of Milk	4 Chicken Nachos  Seasoned Diced Chicken over Tortilla chips w/ Salsa, Sour Cream & Cheese Applesauce  Choice of Milk
5 Turkey Burger (no bun)  Caesar Salad  Choice of Milk	6 Korean Beef Tacos  Asian Carrot & Pepper Slaw Brown Rice  Sliced Pears Choice of Milk	7 Dry Rubbed BBQ Chicken  Corn Casserole  Pineapple  Choice of Milk	8 Spaghetti & Meat Sauce  Parm Roasted Zucchini  Applesauce  Choice of Milk	9 Herbed Chicken Breast  Broccoli & Cheddar Soup  Applesauce  Choice of Milk	10 Hot Dog (no bun)  Baked Beans Rainbow Slaw w/ Lemon Dressing  Choice of Milk	11 Grilled Chicken Sandwich  Corn & Green Bean Casserole  Mixed Fruit Salad  Choice of Milk
12 Meatballs in Spaghetti Sauce  Garden Salad  Mandarin Oranges  Choice of Milk	13 Butter chicken  Seasoned Green Beans  Brown Rice  Papaya Mango Fruit Cup  Choice of Milk	14 Cheese Ravioli  Spaghetti Sauce  Italian Vegetables  Fresh Fruit  Choice of Milk	15 Open Faced Grilled Chicken BLT (1 slice of bread)  Corn on the Cob  Warm Spiced Apples  Choice of Milk	16 Hot Dog (no bun)  Cali Blend Veggies Onion Rings  Fresh Fruit  Choice of Milk	17 Beef Stew  Cauliflower Casserole  Applesauce  Choice of Milk	18 Honey Garlic Chicken  Steamed Broccoli Brown Rice  Choice of Milk
19 Cheeseburger (no bun)  Lettuce & Tomato Pickle Slices  Fresh Fruit  Choice of Milk	20 Taco Salad  Salsa Sour Cream Corn  Fresh Fruit  Choice of Milk	21 Chili w/ Beans  Potato Wedges  Fresh Fruit  Choice of Milk	22 Chicken & Dumplings  Seasoned Green Beans  Fresh Fruit Choice of Milk	23 Steak & Cheese Bowl  Peppers & Onions  Fresh Fruit Choice of Milk	24 Cheese Pizza  Cucumber Tomato Salad Tropical Fruit Cup  Choice of Milk	25 Meatballs w/ Marinara Sauce  Italian Vegetables  Fresh Fruit Choice of Milk
26 Chicken Tenders  French Fries  Applesauce  Choice of Milk	27 Grilled Cheese Sandwich  Smashed Broccoli  Pears Choice of Milk	28 Hot Dog (no bun)  Onion Rings Peas & Carrots  Applesauce Choice of Milk	29 Chicken Mashed Potato & Gravy Bowl (diced chicken)  Peaches Choice of Milk	30 Cheeseburger (no bun)  Lettuce, Tomato, Pickle  Sidewinder Fries  Fresh Fruit Choice of Milk	31 Tuna Melt  Green Beans  Applesauce Choice of Milk	