

BURLINGTON SCHOOLS SENIOR MEALS
January 2019

Menu is subject to change depending on availability of supply.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Happy New Year! Center Closed	2 Spinach Bacon Onion Quiche Green Beans with Red Pepper Applesauce with Cinnamon 	3 BBQ Rib Patty Mashed Potatoes Garden Vegetables Carrot Cake with Frosting 	4 Sweet & Sour Beef Steak Vegetable Rice Pilaf Garden Vegetables Mandarin Oranges 
7 Beef Stroganoff Rotini Noodles Brussel Sprouts Seasoned Apples 	8 Chicken Breast with Southern Corn Bread Stuffing Mashed potatoes Mixed Beans Vanilla Pudding with Cream and Peaches 	9 Salisbury Steak with Brown Sugar Sauce Mashed Potatoes Baby Carrots Apple Cake 	10 Chicken Stew Broccoli Biscuit Tropical Fruit Salad 	11 Roast Pork with Sauce Mashed Cauliflower Whole Harvard Beets Pear Crisp 
14 Vegetable Quiche German Potato Salad Green Beans Vanilla Yogurt with Fruit Fluff 	15 Swedish Steak with Mushroom Sauce Mashed Potatoes Sour Cream Brussel Sprouts Applesauce 	16 Oven Fried Ranch Chicken Breast Diced Potatoes Peas and Carrots Clementine 	17 Roast Turkey & Gravy Mashed Potatoes Winter Squash Pumpkin Pudding 	18 Baked Cheese Lasagna With Marinara Sauce Spinach Pineapple Chunks 
21 Martin Luther King Day No Meals	22 Chicken Breast with Vegetable Sweet-N-Sour Sauce Vegetable Rice Pilaf Broccoli Florets Tapioca Pudding with Peaches 	23 Roast Pork with Sauce Cabbage & Carrots Boiled Potatoes Pumpkin Cake 	24 Chicken-N-Biscuit Broccoli Florets Mixed Beans Pineapple Upside Down Cake 	25 Turkey Burger Vegetable Gravy Mashed Potatoes Vegetable Blend Pears 
28 Meatloaf with Brown Sauce Red Potatoes with Cheddar Winter Vegetables Date Bar 	29 Swedish Meatballs with Mushroom Gravy, Baked Potato with Sour Cream, Peas & Onions, Pumpnickel Bread Mandarin Oranges 	30 Chicken Breast, Bread Stuffing, Spinach, Baked Potato, Sour Cream, Pears with Cinnamon 	31 Chicken Cordon bleu with White Sauce Mashed Yams Green Beans Apple 	