

January 2023 ALPS Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
CLOSED	Mac & cheese/ham, stewed tomatoes, broccoli, wheat bread, milk O	Vegetable Ham soup, whole wheat bread sticks, salad, baked apples, milk P	Turkey, gravy, sweet potatoes, green beans, rolls, milk A	White Chili, tossed salad, corn muffin, corn, milk B
9	10	11	12	13
BBQ chicken, Herb potatoes, baked beans, rolls, milk C	Omelet Cheese, whole grain biscuit, gravy, diced tomato, mandarin oranges, milk D	Beef manwich, tater tots, slaw, milk E	Beef Baked Ravioli, whole wheat bread sticks, green beans, diced potatoes, Milk F	BBQ pork on wheat buns, potato salad, baked beans, milk G
16	17	18	19	20
Meatloaf patties, mashed potatoes, peas, rolls, milk H	Chicken w/ gravy, whole grain biscuit, rice, broccoli, applesauce, milk I	Pinto beans, cornbread muffins, mixed greens, scalloped potatoes, milk J	Ham Salad Sandwich, Potato salad, mixed fruit, milk K	Chicken & Dumplings, peas & carrots, corn, whole grain biscuit, milk L
23	24	25	26	27
Fish Patty on bun, diced carrots, slaw, milk M	Steak & Gravy, mashed potatoes, rolls, mixed vegetable, milk N	Mac & cheese/ham, stewed tomatoes, broccoli, wheat bread, milk. O	Vegetable Ham soup, whole wheat bread sticks, salad, baked apples, milk. P	Turkey, gravy, sweet potatoes, green beans, rolls, milk A
30	31			
White Chili, tossed salad, corn muffin, corn, milk B	BBQ chicken, Herb potatoes, baked beans, rolls, milk C			

Milk -1% 1 Gallon Containers

A. Turkey - white & dark turkey, turkey broth, contains 2% or less sodium lactate, salt, modified food starch, sugar. **Gravy**- enriched wheat flour, riboflavin, folic acid, chicken fat **Sweet Potatoes**- water, corn syrup, sugar stuffing-breadcrumbs, enriched wheat flour, thiamin, riboflavin, folate, cornmeal, sugar, palm oil **Green Beans**- water & salt **rolls (59.5g)**-enriched unbleached wheat flour, barley flour, niacin iron, thiamine mono.

B. White Chili, FULLY COOKED 1/2" DICED CHICKEN WHITE MEAT, chicken broth, whole flour, chicken meat, water, modified food starch. **Salad**-mixed greens, **Corn Muffin (35g)**-flour, riboflavin, folic acid, cornmeal, sugar, oils, salt, eggs, soy flour & egg whites

C. BBQ Chicken-FULLY COOKED 1/2" DICED CHICKEN WHITE MEAT, BBQ Sauce **Herb potatoes**-Potatoes, olive oil, cornstarch, dehydrated garlic & onion **Baked Beans** BEANS, WATER, BROWN SUGAR, SUGAR, SALT, MUSTARD, MODIFIED CORN STARCH, ONION.

D. Omelet cheese-Egg patty, whole eggs, whey, nonfat milk, pasteurized cream cheese, milk & cream **Whole grain biscuits(70.9g)** - water, whole wheat flour, enriched flour bleached barley flour, niacin, iron Gravy-soybean, wheat flour, niacin, iron, thiamin montrate, food starch **Diced Tomato, Mandarin Oranges** - oranges, water & sugar

E. Beef Manwiches - beef, water, tomato paste, sugar, salt, **whole wheat buns(43g)** - whole whole wheat flour, sugar, vital wheat, gluten, brown sugar **Tater Tots-potatoes, sugar, cornstarch, canola oil, SLAW**- cabbage, sugar, mayo, **salad dressing** - corn syrup, vinegar, egg and salt. **Pears**- Pears and water.

F. Ravioli- water, tomatoes, flour, iron, niacin, riboflavin, beef, flour, salt, carrots, soy protein, onions, salt, dices potatoes, water and calcium chloride. **Green Beans**- water & salt. **whole grain breadstick(28g)** whole wheat flour, enriched flour, iron, thiamine mononitrate, riboflavin.

G. BBQ Pork- ketchup, vinegar, corn syrup, salt, onion, brown sugar, molasses, salt, sugar, mustard, oil and black pepper. **Potato Salad**- mayonnaise, potatoes, eggs, sweet pickles, water, salt, onion, mustard, oil and spices. **Baked Beans**- navy beans, brown sugar, salt, bacon, salt, onion, flour and color. **Oatmeal Pie**- flour, iron, thiamine, riboflavin, folic acid, sugar, oil, oats, corn syrup, salt, raisin and juice. Oatmeal Creme pie-corn syrup, flour, wheat barley, sugar, whole grain oats, molasses, water, spices

H. Meatloaf Patty- beef, water, soy protein, flour, oil, sodium, tomato, corn syrup, vinegar, salt, onion powder, spice seasoning and bell peppers. **Green Peas**-water sugar, salt. **Mashed Potatoes- potato (dry) canola oil, salt Mixed Fruit**- peaches, pears, water, grapes, pear juice, Rolls- flour, thiamine, water, corn syrup, oil, milk, egg and soy.

I. Chicken Patty Breast w/Gravy - rib meat, water seasoning & salt. **Whole grain Biscuit(70.9g)**- water, whole wheat flour, enriched flour bleached, palm oil, niacin, iron **Applesauce** - apples, water, corn syrup, flour, water, milk, sugar, baking soda and starch. **Gravy**- enriched wheat flour, riboflavin, folic acid, chicken fat. **Rice**- alt, dried veggies, onion, red bell, pepper, carrot, parsley, garlic, yeast, broth, flour and corn syrup. **Broccoli- Oatmeal Cookie**- flour, niacin, iron, riboflavin, folic acid, sugar and vegetable oil

J. Pinto Beans- water, salt and calcium. **Cornbread(35g)**- flour, riboflavin, folic acid, cornmeal, sugar, oils, salt, eggs, soy flour and egg whites. **Mixed Greens**- tur nip mustard greens, water. **Potatoes Scalloped**- whey, flour, starch, salt, oil, spices and soy & corn protein. Peaches-peaches, water, corn syrup, sugar

K. Ham Salad- ham, sodium, mayo, oil, water, eggs, vinegar, corn syrup & spice. **Whole Wheat Bread(52g)**- stone ground whole wheat flour, water, yeast, brown sugar, wheat gluten **Potato Salad**- mayo, oil, water, egg, vinegar, corn syrup, salt, spice, eggs, pickles, corn syrup and onion powder. **Mixed Fruit**- peaches, pears, water, grapes, pear juice.

L. Chicken & Dumplings- wheat flour, niacin, thiamine, eggs, salt, corn starch and onion powder. **Green Peas**- water, carrots, sugar and salt. **Whole Kernel Corn**- water, sugar & salt. **Whole Grain Biscuit(70.9g)**-water, whole wheat flour, enriched flour bleached wheat flour malted barley flour

M. Cod- breading, flour salt, breading. **Carrots**- water, salt, calcium chloride. **Slaw**- cabbage, sugar, mayo, salad dressing, corn syrup, vinegar, egg and salt. **Peaches**- water, corn syrup and sugar.

N. Steak- ground beef, water, corn starch, flour, stock, oats, onions, stock, salt, folic acid Potato shortening, lactose, oil, artificial flavor & color **Whole grain roll**- water, whole wheat flour, enriched unbleached wheat flour, Thiamine. Gravy-enriched wheat flour, riboflavin, folic acid, beef fat. **Veg Mix**- water, carrots, potatoes, peas, corn, green beans, celery, lima beans and onion.

O. Mac & Cheese- water, egg, milk, cheese, salt & oil milk. **Whole Wheat Bread(26g)**- stone ground whole wheat flour waer, yeast, brown sugar, wheat gluten. **Stewed tomato**- sugar, salt, onions, green bell peppers, celery, citric acid and spices. **Broccoli Frozen, chopped**. **Pineapple**-pineapple juice and citric acid.

P. Vegetable Soup- potatoes, beef stock, carrots, tomato puree, peas, green beans, corn, flour, egg white, onions and sugar. **Ham**- water salt, sugar, dextrose & honey. **whole grain breadstick(28g)** whole wheat flour, enriched flour, iron, thiamine mononitrate, riboflavin. **Salad**- lettuce, red cabbage and carrots. **Apples**- water **wheat flour Buns(43g)** - flour, thiamin, riboflavin, water, high fructose, soybean oil, wheat gluten, calcium, barley malt, milk, soy flour sesame seed.

Milk - 1% 1 Gallon Containers
Variety fruits offered as dessert