

**DELAWARE TRIBE ELDER NUTRITION APPROVED NUTRITIONIST MISTY JOHNSON**  
**January, 2022**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	
	CLOSED FOR NEW YEARS DAY	Beans Cornbread Onions Spinach  Fruit	Spaghetti/w Meat Sauce Green Beans Garlic Bread  Cherry Crisp	Herb Roasted Pork Sweet Potato  Peas  Wheat Roll Apple Sauce	Tater Tot Casserole Buttered Carrots Slice Wheat Bread  Pudding	
	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	
	Garlic Roasted Chicken Breast Veggie Blend Bread Stick  Whole Grain Cookie	Sausage Gravy/Biscuit Hash Browns  Fruit mix Juice	Salisbury Steak Mashed potatoesGravy Zuchinni & Tomatoes Wheat Roll Sherbert	Fish Fillet Cole Slaw Baked Beans Hush Puppies Brownie	Sloppy Joe on whole grain bun Baked Chips  Cookie	
	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	
	Meatloaf 4oz Mashed potatoes/gravy Okra Wheat Roll Gogurt	Alfredo Pasta Bake Tossed Salad Garlic Bread  No Bake Cookie	Chicken Tender Green Beans Chilled Pears Wheat Roll	Chicken Tetrazinni Broccoli Roasted Carrots Cornbread Ambrosia Salad	Chicken Fried Steak San Baked Chips  Fruit Crisp	
	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
	Mexican Casserole Corn Salad  Chips Ice Cream Cup	BBQ Chicken Augratin Potatoes Veggie  Cookie	Indian Taco   Cobbler	Onion Sage Chicken Brussel Sprouts Carrots  Wheat Roll	White Chicken Chili onions Cornbread  Cereal Bar	
	<b>31</b>					
	Polish Dog Sauerkraut  Veggie Roll Cookie	<b>HAPPY NEW YEAR</b>				