

**Meals on Wheels- Winter**

**January 1-31, 2019 Kirby**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Monthly Average</b> <b>Calories: 639.32 calories</b> <b>Protein: 34.38 gm</b> <b>Carbohydrate: 87.41 gm</b> <b>Fat: 17.07 gm (24.04% of calories)</b> <b>Fiber: 10.97 gm</b> <b>Sodium: 624.43 mg</b>	<b>January 1, 2019</b>  <b>Center Closed for New Year's Day</b>	<b>January 2, 2019</b> Spinach and Mushroom Chicken over Pasta Colorful Squash Salad Edamame Medley 77g Carbs Fresh Fruit Beverage	<b>January 3, 2019</b> Tasty Breaded Pork over Rice Pilaf Green Veggies with Carrots Crispy Roasted Brussel Sprouts 108g Carbs Fruit Cup Beverage	<b>January 4, 2019</b> <b>National Spaghetti Day</b> Italian Meatball Pasta Colorful Vegetable Medley Herbed Green Peas 84g Carbs Fresh Fruit Beverage
<b>January 7, 2019</b> Venezuelan-style Beef over Garlicky Rice Chuckwagon Corn Seasoned Garden Veggies 84g Carbs Fresh Fruit Beverage	<b>January 8, 2019</b> Teriyaki Chicken Casserole Herbed Green Peas Seasoned Veggies with Mushroom  81g Carbs Fresh Fruit Beverage	<b>January 9, 2019</b> Spanish Paella Buttery Dinner Roll Colorful Squash Salad  81g Carbs Cinnamon Graham Cracker Beverage	<b>January 10, 2019</b> Flavorful BBQ Pork Creamy Mashed Potatoes Stewed Okra and Tomatoes Wheat Bread 92g Carbs Fruit Cup Beverage	<b>January 11, 2019</b> Indian Spiced Stew over Rice Corn Tomato Salad Colorful Squash Salad 94g Carbs Fresh Fruit Beverage
<b>January 14, 2019</b> Shrimp Noodle Bowl Herbed Green Peas Seasoned Veggies with Mushroom  85g Carbs Fresh Fruit Beverage	<b>January 15, 2019</b> King Ranch Chicken Rice Pilaf Seasoned Garden Veggies  80g Carbs Rice Pudding Beverage	<b>January 16, 2019</b> Ketchup Glazed Meatloaf Buttery Mashed Potatoes Lemony Lima Beans  103g Carbs Fresh Fruit Beverage	<b>January 17, 2019</b> Cheese Pizza Italian Pasta Salad Colorful Vegetable Medley  94g Carbs Fruit Cup Beverage	<b>January 18, 2019</b> Classic Chicken Salad Creamy Coleslaw Buttery Dinner Roll  61g Carbs Peach Crisp Beverage
<b>January 21, 2019</b>  <b>Center Closed for Martin Luther King Day</b>	<b>January 22, 2019</b> Mini Corn Dog Confetti Pasta Salad Green Veggies with Carrots Mustard 103g Carbs Fresh Fruit Beverage	<b>January 23, 2019</b> Classic Nachos  73g Carbs Fruit Cup Beverage	<b>January 24, 2019</b> <b>National Peanut Butter Day</b> Traditional PB and Jelly Sandwich Cinnamon Oatmeal Warm Fruit Cocktail 108g Carbs Fresh Fruit Beverage	<b>January 25, 2019</b> American Chop Suey Herbed Green Peas Seasoned Veggies with Mushroom  88g Carbs Fresh Fruit Beverage
<b>January 28, 2019</b> Beef Fajita Wrap Chuckwagon Corn Colorful Vegetable Medley  85g Carbs Fruit Cup Beverage	<b>January 29, 2019</b> Homemade Chicken Noodle Stew Seasoned Garden Veggies Herbed Green Peas  99g Carbs Fresh Fruit Beverage	<b>January 30, 2019</b> Mexican Picadillo Spanish Rice Chuckwagon Corn  99g Carbs Fresh Fruit Beverage	<b>January 31, 2019</b> Shrimp Scampi Colorful Vegetable Medley Edamame Medley  88g Carbs Fig Bar Beverage	<b>Nutritional Goals</b> <b>Over 600 calories</b> <b>Over 20 grams</b> <b>Less than 100 grams</b> <b>Less than 30% Total Calories</b> <b>Over 7 Grams</b> <b>Less than 1000 milligrams</b>
<b>Contact Phone Number: 735-5115</b>				
<b>Holiday Meal</b>	<b>We will be closed on Tuesday, January 1, 2019 for New Year's Day and Monday, January 21, 2019 for Martin Luther King Day.</b>			
<b>Comments</b>	The amount of carbohydrates listed includes entree, sides, fruit or dessert, and a carton of milk. <b>Tip:</b> If following a diabetic diet, look at the amount of carbs per meal. If the amount is too high, divide your meal in half and eat a portion of your meal and the rest later, eat your dessert/fruit at a later time, or drink water instead of milk with your meal to reduce the amount of carbs.			
Menu Approved by Rhaizza Velasquez-Garcia, RD, LD License #DT84315 (expires 06/30/2019) <span style="float: right;">RD, LD 12/11/2018</span>				