

Bakersfield Senior Citizen Nutrition Program **Bakersfield Senior Center Menu JANUARY 2018**

530 4th Street, Bakersfield, California 93304

Lunch Served 11:45am to 12:15pm

Reservations/Cancellations may be made 24 hours in advance by calling 325-7205 or 325-1113

*****Menus are subject to change without prior notice*****

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BSC CLOSED 1 HAPPY NEW YEARS</p>	<p>2 Chicken Bowl Steam Carrots Peaches Wheat Bread Milk</p>	<p>3 Meat Loaf Baked Potato Green Salad Fruit Wheat Roll Milk</p>	<p>4 Beef Enchilada Casserole Chuckwagon Corn Fruit Milk</p>	<p>5 Vegetable Soup Green Salad Strawberry Applesauce Whole Wheat Crackers Milk</p>
<p>8 Baked Salmon Coleslaw Baked Potatoes Gelatin w/Fruit Milk</p>	<p>9 Oven Baked Chicken Broccoli Yams Tropical Fruit Whole Wheat Roll Milk</p>	<p>10 Chili Beans Coleslaw Corn Strawberry Applesauce Corn Bread Milk</p>	<p>11 Meatball Sandwich Green Salad Oven Baked Potatoes Pudding Peaches Milk</p>	<p>12 Chicken Fajitas Chuckwagon Corn Brown Rice Oranges Tortillas Milk</p>
<p>15 BSC CLOSED  Martin Luther King, Jr. Birthday</p>	<p>16 Season Baked Chicken Yams Cabbage Sliced Peaches Pudding Wheat Roll Milk</p>	<p>17 Meat Spaghetti Mixed Vegetables Green Salad Oranges Wheat Roll Milk</p>	<p>18 Pork Verde Green Beans Brown Rice Oranges Tortilla Milk</p>	<p>19 Taco Salad Vegetables Soup Diced Pears Gelatin Milk</p>
<p>22 Meat Loaf Green Beans Green Salad Fruit Wheat Roll Milk</p>	<p>23 Crispy Baked Chicken Broccoli Peas & Carrots Mandarin Oranges Whole Wheat Roll Milk</p>	<p>24 Turkey w/ Gravy Mixed Vegetables Mashed Potatoes Peaches Cornbread Milk</p>	<p>25 BBQ Pork Sandwich Potato Salad w/Eggs Green Beans Tropical Fruit Whole Wheat Roll Milk</p>	<p>26 Grill Cheese Sandwich Vegetable Soup Green Salad Apple Milk</p>
<p>29 Turkey Ham Deli Sandwich Pea & Carrots Oranges Milk</p>	<p>30 Southern Smothered Chicken w/Brown Gravy Okra, Bell Pepper, Onion & Celery Brown ice Tropical Fruit Wheat Roll Milk</p>	<p>31 Beef Enchilada Casserole Chuckwagon Corn Pears Milk</p>	<p>Feb 1 Chef Salad Carrot Sticks Fruit Cocktail Wheat Roll Milk</p>	<p>2 Beef Burrito Green Salad Strawberry Applesauce Milk</p>

Suggested Senior Donation \$2.00 (60 and over) Cost for Non Seniors (59 and under) \$5.00

“No Eligible participant will be denied service because of a Failure or Inability to contribute.”

Nutrition Lunch Program Sponsored By KCAASD

*****SPECIAL MEALS ARE SEPARATE FROM THE SENIOR NUTRITION PROGRAM*****