



January 2023

4th Street Diner

Linda Lough- (319) 472-4761

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Baked Ham Parslied Potatoes Green Beans Pineapple Cake Bread/Milk</p>		<p>3 Swedish Meatballs Baked Potato Half Peas Peaches Cookie Bread/Milk</p>	<p>4 Chicken A La King Biscuit Beets Mixed Fruit Fruited Jello Milk</p>	<p>5 Crispy Pollack Oven Browned Potatoes Corn Pears Chocolate Pudding Bread/Milk</p>	<p>6 Salisbury Steak Mashed Potatoes/Gravy Carrots Applesauce Dessert Bar Bread/Milk</p>
<p>8 Roast Turkey Mashed Potatoes/Gravy Green Beans Peaches Cake Bread/Milk</p>	<p>9 Chicken Noodle Casserole Mixed Vegetables Pears Dessert Bar Milk</p>	<p>10 Maidrite Bun Oven Browned Potatoes Broccoli Fresh Fruit Fruit Crisp Milk</p>	<p>11 Bacon Wrapped Chicken Legs Sweet Potato Fries Corn Mixed Fruit Vanilla Pudding Bread/Milk</p>	<p>12 Sausage Gravy Biscuit Hashbrown Casserole Green Beans Applesauce Coffee Cake Milk</p>	<p>13 Meatloaf Mashed Potatoes/Gravy Peas Peaches Bread Pudding Bread/Milk</p>
<p>15 Roast Pork Mashed Potatoes/Gravy Spinach Mixed Fruit Cake Bread/Milk</p>	<p>16 </p>	<p>17 Crispy Chicken Patty Bun Tri-Tator Green Beans Peaches Cookie Milk</p>	<p>18 Scalloped Ham & Potatoes Carrots Pears Dessert Bar Bread/Milk</p>	<p>19 Spaghetti w/Meat Sauce Garlic Bread Coleslaw Fresh Fruit Fruit Crisp Milk</p>	<p>20 Glazed Ham Balls Sweet Potatoes Cauliflower Applesauce Lime Delight Bread/Milk</p>
<p>22 Swiss Steak Mashed Potatoes/Gravy Carrots Pears Cake Bread/Milk</p>	<p>23 Savory Chicken Breast Seasoned Rice Peas Pineapple Vanilla Pudding Bread/Milk</p>	<p>24 Pulled Pork Bun Baked Beans Pasta Salad Fresh Fruit Fruit Crisp Milk</p>	<p>25 Beef Stew Cornbread Brussel Sprouts Apricots Rice Pudding Milk</p>	<p>26 Stuffed Pork Chop Mashed Potatoes/Gravy Corn Applesauce Dessert Bar Bread/Milk</p>	<p>27 Lasagna Garlic bread Green Beans Mixed Fruit Cookie Milk</p>
<p>29 Chicken Strips Mashed Potatoes/Gravy Corn Peaches Cake Bread/Milk</p>	<p>30 Polish Sausage Bun Macaroni & Cheese Sauerkraut Applesauce Cookie Milk</p>	<p>31 French Fry Hamburger Casserole Carrots Pears Fruited Jello Bread/Milk</p>	<p>To sign up for an early copy of the menu please send an email to llough@hacap.org and write "Menu Request" in the Subject Line.</p>		<p>Cell Phone Text Alerts Available for Weather Related Closings. Sign up with Linda or Tanja</p>

*** All menu items are subject to change if it reduces food costs. ***