

Total Life Center Lunch Menu (January, February, March 2025)

December 30	December 31	January 1	January 2	January 3
Chicken Fajitas Stewed Tomatoes Rice Corn Bread Fresh Fruit Milk 1% January 27 February 24 March 24	Macaroni and Cheese Zucchini Medley Field Peas Wheat Bread Fresh Fruit Milk 1% January 28 February 25 March 25	Smoked Sausage with Bun Kidney Beans Cauliflower with Red Pepper Mustard Packet Coleslaw Fresh Fruit Milk 1% January 29 February 26 March 26	Chicken and Dumplings Green Beans with Red Peppers Squash Casserole Wheat Roll Grape Juice Banana Milk 1% January 30 February 27 March 27	Pork Loin w/ Sweet & Sour Sauce Brown Rice Creamed Spinach Wheat Bread Orange Vanilla Pudding Milk 1% January 31 February 28 March 28
January 6	January 7	January 8	January 9	January 10
Meatloaf Patty w/ Brown Gravy Mashed Potatoes Brussels Sprouts Texas Toast Banana Milk 1% February 3 March 3 March 31	BBQ Riblet Navy Beans Turnip Greens Hamburger Bun Orange Milk 1% February 4 March 4	Chili Corn O'Brien Chopped Broccoli Corn Bread Banana Orange Juice Milk 1% February 5 March 5	Country Fried Steak Ranch Diced Potatoes Spinach Sourdough Bread Apple Orange Juice Milk 1% February 6 March 6	Florentine Alfredo Zucchini and Onions Cinnamon Apple Slices Wheat Roll Orange Milk 1% February 7 March 7
January 13	January 14	January 15	January 16	January 17
Chicken Parmesan Broccoli and Carrots Barley Risotto Lemon Pudding Orange Italian Bread Milk 1% February 10 March 10	Spaghetti with Meat Sauce Peas and Pearl Onions Scalloped Potatoes Fresh Fruit Wheat Roll Apple Juice Milk 1% February 11 March 11	Oven Fried Chicken Mashed Potatoes Mustard Greens Orange Texas Toast Grape Juice Milk 1% February 12 March 12	Brunswick Stew Kidney Beans Brussels Sprouts Wheat Bread Banana Milk 1% February 13 March 13	Hamburger with Bun O'Brien Potatoes Green Beans Fresh Lettuce & Sliced Tomato Mustard Packet Apple Milk 1% February 14 March 14
January 20	January 21	January 22	January 23	January 24
Salisbury Steak Rice Pilaf Spinach Au Gratin Grape Juice Orange Wheat Roll Milk 1% February 17 March 17	Chicken with Brown Rice Dill Carrot Coins Cauliflower with Red Pepper Cranberry Juice Wheat Bread Banana Milk 1% February 18 March 18	BBQ Pork Au Gratin Potatoes Green Beans Coleslaw Apple Milk 1% February 19 March 19	Beef Stew Rice Chopped Broccoli Apple Juice Banana Wheat Roll Milk 1% February 20 March 20	Chicken Leg Yams & Pineapple Peas and Onions Wheat Bread Orange Pineapple Juice Milk 1% February 21 March 21