

**WELCOME TO THE NEW YEAR!**

**MENUS FOR JANUARY 2012**

**WOODLAND MEADOWS**

*This institution is an equal opportunity provider.*

# Chionophobia DO IT FOR YOU, TOO.



Volunteering isn't just good for those who might need your help -- it's good for you, too. Serving as a volunteer has been shown to improve self-confidence, teach job skills, combat depression, and increase physical activity among volunteers of all ages. That's a wellness win-win!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

**Available Daily**

**Additional Main Entrée's**

Yogurt w/wo Cheese  
 Uncrustable PB & J w/wo Cheese  
 Pretzel w/wo String Cheese

**All-U-Can Eat Fresh Salad Bar**

Fresh Fruit  
 Canned Fruit  
 Fresh Romaine Salad  
 Broccoli  
 Celery Sticks  
 Fresh Carrots  
 Cucumbers  
 Legumes  
 Diced Egg - Tuesday & Thursday

**Snap out of it!**

Yes, vacation is over, but we're happy to see you — and it won't be too long until Spring Break!

**Welcome Back!**

Monday, January 9	Tuesday, January 10	Wednesday, January 11	Thursday, January 12	Friday, January 13
<b>Choice of One</b> French Toast w/ Egg Patty Or Chicken Sandwich	<b>Choice of One</b> Chicken Nuggets Or Mac & Cheese	<b>Choice of One</b> Pizza Dippers Or Hamburger w/wo Cheese	<b>Choice of One</b> Hot Dog Or Soft or Hard Taco	<b>Choice of One</b> Wedge Pizza Or Shredded Pork BBQ
<b>On the Salad Bar</b>  Potato Gems Cinnamon Applesauce	<b>On the Salad Bar</b>  Baked Sweet Potato Fries Peas Sliced Pears	<b>On the Salad Bar</b>  *JO Cole Slaw Chilled Peaches	<b>On the Salad Bar</b>  Corn Rice Baked Apples	<b>On the Salad Bar</b>  Green Beans Mixed Fruit Vegetarian Baked Beans