

# January 2019

## Georgia Academy for the Blind Dinner Menu



**School Information:**  
Georgia Academy for the Blind  
Dinner Menu



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

### Monday



Baked Spaghetti  
Corn on the Cobb  
Steamed Broccoli  
Breadsticks  
Chocolate Cupcakes

7

### Tuesday

1

BBQ Baked Chicken  
Green Beans  
Seasoned Rice  
Mixed Vegetables  
Frozen Lemonade

8

### Wednesday

2

Tomato Soup w/ Cheez-Its  
Grilled Chicken Sandwich  
Brussel Sprouts  
Strawberry Shortcake

9

### Thursday

3

Chicken Parmesan  
Buttered Noodles  
Buttered Broccoli  
Garlic Bread  
Jell-O Parfaits

10

### Friday

4

Waffles and Sausage  
Scrambled Eggs  
Biscuits  
Hash Brown Potatoes  
Strawberries and Cream

14

Sloppy Joes  
Potato Wedges  
Green Beans  
Black eyed peas  
Chocolate Chip Cookies

15

Turkey w/ Gravy  
Jasmine Rice  
Glazed Carrots  
Dinner Roll  
Yellow Cupcakes

16

Chicken and Broccoli Alfred  
Turnip Greens  
Garlic Bread  
Italian Ice

17

18

21

Cheese Burger  
Potato Chips  
Baked Beans  
Corn on the Cobb  
Chocolate Brownies

22

Homemade Meatloaf  
Mashed Potatoes  
Black Eyed Peas  
Dinner Rolls  
Coconut Cake

23

Penna Pasta w/ Meatballs  
Buttered Corn  
Mixed Vegetable  
Breadsticks  
Vanilla Yogurt Parfaits

24

25

Pepperoni Pizza  
Chicken Wings  
Tatar Tots  
Glazed Carrots  
Pudding Cups

28

Orange Chicken  
Fried Rice  
Stir Fry Veggies  
Egg Roll  
Jell-O Parfit

29

Hash Brown Casserole  
Green Beans  
Roasted Squash  
Dinner Roll  
Chocolate Cupcakes

30

Fish Nuggets  
Mac and Cheese  
Roasted Brussel Sprouts  
Hushpuppies  
Italian Ice/Frozen Lemonade

31

