





CSC January 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 	4 4 oz. Chicken Fajita 8 oz. Steamed Cauliflower w/ 1 tsp. Margarine 1 Flour Tortilla 4 oz Pumpkin Bread Pudding	5 4 oz. Meatloaf 1/2c Mashed Potatoes 1/2c Green Beans 1 slice White Bread 1/2c Baked Apple Slices	6 Chicken Burrito (3 oz. Chicken, 1 oz. Cheese, 1 Flour Tortilla) 1c Corn w/ Peppers 1c Lettuce/Tomato Salad 1/2c Peaches	7 GC Cheeseburger 3 oz Beef/1 oz Cheese, 1 Bun 2 oz Green Chili/(1/2c Lettuce Tomato, Onion & Pickles) 1/2c Ran. Beans/1/4c F. Fries 1/2c Applesauce
10 Tuna Salad Sandwich 1/2c Tuna Salad 2 sl White Bread 1/2c Wild Rice 1c Broccoli & Cauliflower 1/2c Pears	11 3 oz. Chicken Tenders 1/2c Mashed Potatoes 1 oz. LS Cream Gravy 1/2c Mixed Vegetables 1 slice Wheat Bread 1/2c Apricots	12 Beef Tacos 3 oz Beef/1 oz Cheese 1/2 c Lettuce/Tomato Salad 2 Corn Tortillas 1/2 Span Rice/1/2c P. Beans 1/2c Peaches	13 4 oz BBQ Chicken 1/4c Potato Salad 1c Lettuce/Tomato Salad 1 sl White Bread 1/2c Pineapple	14 GC Pork Stew (3 oz Pork, 1 oz Green Chili, 1/2c Vegetables) 1 Tortilla/1/2c Corn 1c Lettuce/Tomato Salad 1/2c Applesauce
17 Closed for Martin Luther King Jr. Day	18 3 oz LS Sausage 3/4c Wild Rice 1c Black-eyed Peas 1 sl Wheat Bread 1/2c Applesauce	19 Beef Stew (3 oz. Beef, 1oz. Sauce, 1/2c Potatoes & Carrots) 1c Steamed Cabbage 1 sl. Cornbread 1/2c Fruit	20 GC Chicken Enchiladas (3 oz. Chicken, 1 oz. GC, 2 Corn Tortillas, 1 oz. Cheese) 1/2c Lettuce & Tomato 1/2c Pinto Beans 1/2c Jell-O	21 Lasagna (2 oz. Beef, 1 oz Cheese, 1 oz Sauce, 4 oz Noodles) 1/2c Lettuce/Tomato 1/2c Gr. Beans/1 Garlic Bread 1 piece Plum Cobbler
24 3 oz LS Baked Ham 1/2c Spinach 1c Sweet Potato 1 sl. Cornbread 1/2c Pineapple Tidbits	25 Chicken Noodle Soup 3 oz Chicken, 1 oz Broth 1/2c Noodles 1c Lima Beans 1sl WW Bread w/1 tsp Marg. 1c Pears	26 4 oz Swiss Steak 1 Med. Baked Potato 1c Green Beans 1 Corn Tortilla 1/2 c Apricots	27 Chicken Sandwich 3 oz Chicken, 1 Bun 1/4c Lettuce, 1/4c tomato 3/4c Celery Sticks, 1/2c Tater Tots 1/2c Peaches	28 Chili Dog (Beef Frank) 1 oz Frank, 2 oz Chili 1 oz Cheese, 1 Bun 1/2c Baked Beans 1/2c Sauerkraut 1/2c Baked Apple Slices
31 Hamburger Macaroni (2 oz. Ground Beef, 1 oz. Cheese, 1/2c Pasta) 1/2c Green Beans 1c Buttered Corn/1 sl Bread 1 PB Cookie		Grab & Go served 11:30am to 12:30pm	Milk, Coffee, and Tea are served daily. Menu Subject to change	Donations can be mailed to: Community Services Center 1100 Community Way Portales, NM 88130 (575) 356-8576