

2332 Railroad St., Hwy 45 N.
Eagle River, WI 54521

715-479-8018



NO ADDED SALT

| Monday 3-Jan | Tuesday 4-Jan | Wednesday 5-Jan | Thursday 6-Jan | Friday 7-Jan | Saturday 8-Jan | Sunday 9-Jan |
|---------------------|---------------------|-----------------------|--------------------|-------------------|------------------------|---------------------|
| BREAKFAST | | | | | | |
| Chilled Fruit Cup | Chilled Fruit Cup | Chilled Fruit Cup | Chilled Fruit Cup | Chilled Fruit Cup | Chilled Fruit Cup | Chilled Fruit Cup |
| Egg of Choice | Hot or Cold Cereal | Egg and Canadian | Pancakes | Egg of Choice | Hot or Cold Cereal | Cinnamon French |
| Bacon | Cinnamon Roll | Bacon Biscuit | Sausage Links | Bacon | Donut or | Toast |
| Whole Wheat Toast | Whole Wheat Toast | Coffee or Tea | Coffee or Tea | Whole Wheat Toast | Whole Wheat Toast | Sausage Links |
| Coffee or Tea | Coffee or Tea | Milk/Juice | Milk/Juice | Coffee or Tea | Coffee or Tea | Coffee or Tea |
| Milk/Juice | Milk/Juice | | | Milk/Juice | Milk/Juice | Milk/Juice |
| DINNER | | | | | | |
| Sauerkraut & pork | Prime rib Burger | Chicken Cordon Blue | Hamburger | Baked Haddock | Meatloaf | Chicken Fried Steak |
| Boiled Red Potatoes | Baked Potato | Mashed Potatoes | Potato Salad | Mac and Cheese | Baked Potato | Mashed Potatoes |
| Zucchini | Green Bean | with Gravy | Baked Beans | Cole Slaw | Island Blend Veggie | Buttered Carrots |
| Apple Pie | Peanutbutter Cookie | Green Beans | Cherry Pie | Cheese Cake | Ice Cream Cone | Strawberry Poke |
| Coffee or Tea | Coffee or Tea | Lemon Bars | Coffee or Tea | Coffee or Tea | Coffee or Tea | Cake |
| Milk/Juice | Milk/Juice | Coffee or Tea | Milk/Juice | Milk/Juice | Milk/Juice | Coffee or Tea |
| | | Milk/Juice | | | | Milk/Juice |
| SUPPER | | | | | | |
| Grilled Cheese | Reuban | Tuna Noodle Casserole | Scalloped Potato & | Sloppy Joe | Cream of Broccoli Soup | BLT |
| Tomato Soup | Chips | Potato Roll | Ham Bake | Chips | Crackers | Sandwich |
| Sugar Cookie | Ice Cream | Fruited Jello | Fresh Baked Bread | Pasta Salad | Ice Cream | Potato Salad |
| Coffee or Tea | Coffee or Tea | Coffee or Tea | Oatmeal Fudge Bar | Rice Krispie Bar | Coffee or Tea | Pumpkin bread |
| Milk/Juice | Milk/juice | Milk/Juice | Coffee or Tea | Coffee or Tea | Milk/Juice | Coffee or Tea |
| | | | Milk/Juice | Milk/Juice | | Milk/Juice |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

2332 Railroad St., Hwy 45 N.

Eagle River, WI 54521

715-479-8018



NO ADDED SALT

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------|--------------------|-----------------------|-------------------|---------------------|------------------------|----------------------|
| 10-Jan | 11-Jan | 12-Jan | 13-Jan | 14-Jan | 15-Jan | 16-Jan |
| BREAKFAST | | | | | | |
| Chilled Fruit Cup | Chilled Fruit Cup | Chilled Fruit Cup | Chilled Fruit Cup | Chilled Fruit Cup | Chilled Fruit Cup | Chilled Fruit Cup |
| Egg of Choice | Hot or Cold Cereal | Egg and Cheese | Waffle | Egg of Choice | Hot or Cold Cereal | Cinnamon French |
| Bacon | Danish | and Ham Muffin | Sausage Links | Roastbeef Hash | Donut | Toast |
| Whole Wheat Toast | Coffee or Tea | Coffee or Tea | Coffee or Tea | Whole Wheat Toast | Coffee or Tea | Sausage Patties |
| Coffee or Tea | Milk/Juice | Milk/Juice | Milk/Juice | Coffee or Tea | Milk/Juice | Coffee or Tea |
| Milk/Juice | | | | Milk/Juice | | Milk/Juice |
| | | | | | | BBq Chicken |
| Dinner | | | | | | |
| BBQ Chicken | Beef Tips | Fish Sticks | Salisbury Steak | Deep Fried Cod | Pork Chop | Pizza Casserole |
| Potato Salad | with Mushrooms | Onion Rings | Mashed Potatoes | Boiled Red Potatoes | Baked Potato | Garlic Bread |
| Corn on the Cob | over Egg Noodles | Creamy Coleslaw | Wax Beans | Mixed Vegetables | Green Beans | Tossed Salad |
| Applesauce Cake | Peas | Fudge Cookie | Ice Cream | Carrot cake | Pudding | Peanutbutter Cookie |
| Coffee or Tea | Blueberry Pie | Coffee or Tea | Coffee or Tea | Coffee or Tea | Coffee or Tea | Coffee or Tea |
| Milk/Juice | Coffee or Tea | Milk/Juice | Milk/Juice | Milk/Juice | Milk/Juice | Milk/Juice |
| | Milk/Juice | | | | | |
| | | | | | | |
| | | | | | | |
| Supper | | | | | | |
| Chicken Noodle | Chipped Beef | Tuna salad | Chicken Patty | Turkey & Cheese | Tator Tot | Salami sandwich |
| Soup | on Toast | Sandwich | on a Bun | on roll | Casserole | Cream of Potato Soup |
| Grilled Cheese | Peas | with Lettuce | Cucumber salad | Cream of Mushroom | Chocolate Chip Cookies | Pumkin Bar |
| Brownie w/Frosting | Banana Bread | Chips | Cake | Soup | Coffee or Tea | Coffee or Tea |
| Coffee or Tea | Coffee or Tea | Oatmeal Raisin Cookie | Coffee or Tea | Dump Cake | Milk/Juice | Milk/Juice |
| Milk/Juice | Milk/Juice | Coffee or Tea | Milk/Juice | Coffee or Tea | | |
| | | Milk/Juice | | Milk/Juice | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

2332 Railroad St., Hwy 45 N.
Eagle River, WI 54521

715-479-8018



NO ADDED SALT

| Monday 17-Jan | Tuesday 18-Jan | Wednesday 19-Jan | Thursday 20-Jan | Friday 21-Jan | Saturday 22-Jan | Sunday 23-Jan |
|--------------------------|------------------------------|---------------------------|---------------------------|---|--------------------------------|-----------------------------------|
| BREAKFAST | | | | | | |
| Chilled Fruit Cup | Chilled Fruit Cup | Chilled Fruit Cup | Chilled Fruit Cup | Chilled Fruit Cup | Chilled Fruit Cup | Chilled Fruit Cup |
| Egg of Choice bacon | Hot or Cold Cereal Danish | Sausage Egg and Cheese | Pancakes Sausage Links | Egg of Choice Bacon | Hot or Cold Cereal Donut or | Cinnamon French Toast |
| Whole Wheat Toast | Coffee or Tea | Croissant | Coffee or Tea | Whole Wheat Toast | Whole Wheat Toast | Sausage Patties |
| Coffee or Tea | Milk/Juice | Coffee or Tea | Milk/Juice | Coffee or Tea | Coffee or Tea | Coffee or Tea |
| Milk/Juice | | Milk/Juice | | Milk/Juice | Milk/Juice | Milk/Juice |
| Dinner | | | | | | |
| Beef Pot Roast | Chicken | Beef Chopped Steak | Spaghetti | Fish Sticks | Chicago Dog | Pork Roast |
| Baked Sweet Potato | Tetrazzini | Mashed Potatoes | Garlic Bread | Rice Pilaf | French Fries | Cranberry Glaze |
| Broccoli | Buttered Peas | Gravy | Green Beans | Mixed vegetables | Chocolate Cake | mashed Potatoes |
| Peach Pie | Dinner Roll | Corn | Oatmeal cookie | Cherry Cobbler | Coffee or Tea | with Gravy |
| Coffee or Tea | Pineapple Upside Cake | Banana Cream Pie | Coffee or Tea | Coffee or Tea | Milk/Juice | Buttered Carrots |
| Milk/Juice | Coffee or Tea | Coffee or Tea | Milk/Juice | Milk/Juice | | Peanut Butter Cookie |
| | Milk/Juice | | | | | Coffee or Tea |
| | | | | | | Milk/Juice |
| Supper | | | | | | |
| Chicken and Rice Soup | Hamburgar Pasta Salad | Wild Rice Casserole | BLT Asian Ramen | Turkey & Cheese Bacon and Potato soup | Green Pepper Casserole | Ham & Cheese Sand Chowder Soup |
| Fresh baked bread | Peaches | Dinner Roll | Slaw | | Corn Bread | Sugar Cookie |
| Brownie w/Frosting | Coffee or Tea | Oatmeal Raisin Cookie | Chocolate Pudding | Oatmeal Fudge Bar | Chocolate Chip Cookies | Coffee or Tea |
| Coffee or Tea | Milk/Juice | Coffee or Tea | Coffee or Tea | Coffee or Tea | Coffee or Tea | Milk/Juice |
| Milk/Juice | | Milk/Juice | Milk/Juice | Milk/Juice | Milk/Juice | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

2332 Railroad St., Hwy 45 N.
Eagle River, WI 54521

715-479-8018



NO ADDED SALT

| Monday 24-Jan | Tuesday 25-Jan | Wednesday 26-Jan | Thursday 27-Jan | Friday 28-Jan | Saturday 29-Jan | Sunday 30-Jan |
|------------------------|------------------------------|--------------------------|---------------------------|------------------------|--------------------------------|--------------------------|
| BREAKFAST | | | | | | |
| Chilled Fruit Cup | Chilled Fruit Cup | Chilled Fruit Cup | Chilled Fruit Cup | Chilled Fruit Cup | Chilled Fruit Cup | Chilled Fruit Cup |
| Egg of Choice bacon | Hot or Cold Cereal Danish | Egg and Cheese Muffin | Pancakes Sausage Links | Egg of Choice Bacon | Hot or Cold Cereal Donut or | Cinnamon French Toast |
| Whole Wheat Toast | Coffee or Tea | Coffee or Tea | Coffee or Tea | Whole Wheat Toast | Whole Wheat Toast | Sausage Patties |
| Coffee or Tea | Milk/Juice | Milk/Juice | Milk/Juice | Coffee or Tea | Coffee or Tea | Coffee or Tea |
| Milk/Juice | | | | Milk/Juice | Milk/Juice | Milk/Juice |
| | | | | | | |
| Dinner | | | | | | |
| Sweet and Sour | Beef Stroganoff | Glazed Ham | Roasted Turkey | Fried Perch | Baked Chicken | Manicotti w Meat Sauce |
| Chicken over | Buttered Noodles | Scalloped Potatoes | Roasted Sweet Potato | Potato Pancakes | Rice Pilaf | Wax and Green beans |
| Fluffy Rice | Buttered Peas | Buttered Beets | Green Beans | Mixed vegetables | Glazed Carrots | Garlic bread |
| Egg Roll | Ice Cream | Corn | Dump Cake | Orange Cake | Maple Cookie | Poke cake |
| Strawberry pie | Coffee or Tea | Banana Split Desert | Coffee or Tea | Coffee or Tea | Coffee or Tea | Coffee or Tea |
| Coffee or Tea | Milk/Juice | Coffee or Tea | Milk/Juice | Milk/Juice | Milk/Juice | Milk/Juice |
| Milk/Juice | | Milk/Juice | | | | |
| | | | | | | |
| | | | | | | |
| Supper | | | | | | |
| Crab Salad | Chicken salad | Brat Patty on a Bun | Reuban Sandwich | Grilled Cheese | Chicken and Rice | Turkey Club |
| Crackers | Sandwich | Potato Salad | French Fries | Sandwich | Soup | Chips |
| Cabbage Soup | Chips | Oatmeal Raisin Cookie | Slaw | Tomato soup | Crackers | Texas Sheet Cake |
| Cowboy Cookie | Molasses Cookie | Coffee or Tea | Chocolate Chip | Ice Cream | Maple Cookie | Coffee or Tea |
| Coffee or Tea | Coffee or Tea | Milk/Juice | Cookie | Coffee or Tea | Coffee or Tea | Milk/Juice |
| Milk/Juice | Milk/Juice | | Coffee or Tea | Milk/Juice | Milk/Juice | |
| | | | Milk/Juice | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |