

**GOING FORWARD-**

- Anytime you add something to your freezer, be sure to label it with the date and name. Then add it to your list of freezer contents.
- Anytime you take something from your freezer draw a line through that item on your list. When planning a shopping list, be sure to look through your freezer list and use those items first.
- Restock your freezer as you go with healthy foods. Cooked whole grains and beans can be frozen. Store one or two servings in individual plastic freezer bags and stack the bags on top of each other in the freezer. That way, you'll always have the foundation for a quick, healthy meal.

**AN IMPORTANT REMINDER:**

- Bacteria survive even at frozen temperatures (even in ice!). So, be sure to defrost, cook, cool, and store foods at correct temperatures so that the food you defrost, prepare, and eat doesn't have so many bacteria that you get food poisoning.



Thank you to our menu sponsor.



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It's time to "get out with the old and in with the new!" You'll do this in 2023 by taking a good look at your freezer. Try to remember what it looks like, because in a little while, with a little work, you won't recognize the old freezer and its contents.

**IN THE BEGINNING-**

- Take everything out and get rid of anything unwanted or unusable. This includes food with freezer burn, mysterious or unlabeled packages, anything that was frozen so long ago you can't remember - Just Toss It.
- Turn the temperature up and, if necessary, defrost the freezer. Wipe it all down with a mixture of equal parts vinegar and water and rinse well with clean water.

**NOW, THE PUTTING BACK -**

- Make a list of everything you've decided to keep. Tack it up on the front of your freezer.
- Organize items as you put them back.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1 New Year's Day</b> Beef Pot Pie w/ Butter & Milk Biscuit Lima Beans Apple & Milk	<b>2</b> <b><u>Silver Key Holiday</u></b> 	<b>3</b> Lemon Pepper Cod Brown Rice Brussel Sprout w/ Bacon & Cheese Orange & Milk	<b>4</b> Chicken Marsala Roasted Red Potato Brussel Sprouts Apple & Milk	<b>5</b> Sweet & Sour Meatballs Brown Rice Broccoli Banana & Milk	<b>6</b> BLT Pasta Vegetable Salad Apple V-8 & Milk	<b>7</b> Chicken Cacciatore w/ Parm, WW Pasta Green Beans Diced Pears
<b>8</b> Chicken Stir Fry Brown Rice, Peas Asian Cabbage Slaw, Orange & Milk	<b>9</b> Chicken Cordon Bleu, Roasted Sweet Potatoes Mixed Vegetables Mandarin Oranges & Milk	<b>10</b> Cheese Tortellini w/ meat Marinara Pea and carrots Pear & Milk	<b>11</b> Chicken Chow Mein Brown Rice Oriental Blend Veg, Orange V-8, & Milk	<b>12</b> Slow Roasted Beef Mashed Potatoes Peas Orange & Milk	<b>13</b> Riblets Baked Beans Potato Salad Applesauce & Milk	<b>14</b> Meatballs w/ Marinara WW Penne Broccoli Banana & Milk
<b>15</b> Southwestern Chicken, Spanish Rice, Pinto Beans Orange, Cheese stick & Milk	<b>16</b> Stuffed Bell Pepper Baby Baker Potatoes Cauliflower Peaches & Milk	<b>17</b> Chicken Teriyaki Brown Rice Peas Apple & Milk	<b>18</b> Beef Bourguignon Mashed Potatoes Broccoli orange & Milk	<b>19</b> Chefs' choice 	<b>20</b> Salmon Parmesan Sweet Potatoes root veg medley Broccoli Pear & Milk	<b>21</b> Sweet & Sour Meatballs Broccoli Jasmine Rice Pear & Milk
<b>22</b> Chicken Marsala Roasted Red Potato Brussel Sprouts Apple & Milk	<b>23</b> Beef Chili w/ Cheese Baked Potato w/ Sour Cream Orange & Milk	<b>24</b> Chicken Alfredo Penne Pasta Peas Tropical Fruit & Milk	<b>25</b> BBQ Beef Sandwich Corn, Green Beans Coleslaw Banana & Milk	<b>26</b> Baked Chicken Brown rice Broccoli, Apple Cheese stick Oatmeal raisin	<b>27</b> Beef Tacos w/ Lett, Tomato, Cheese, Sour Cream & Salsa, Pinto Beans Applesauce	<b>28</b> Chicken Chow Mein Brown Rice Asian Vegetables Pear & Milk
<b>29</b> Slow Roasted Beef Mashed Potatoes Peas Orange & Milk	<b>30</b> Lasagna Roll/ Marinara Broccoli Raisins, Banana & Milk	<b>31</b> Hamburger w/ Lettuce, Tomato & Onion, Carrots Coleslaw, Diced Pear, V-8 & Milk	<p><b>Menu substitutions may occur without notice. Clients are advised to keep a 3-day supply of non-perishable foods and bottled water in their home in the event of inclement weather or other emergencies that may cause a temporary suspension of service.</b></p>			