

**Open Arms  
Breakfast  
January 2013**

907-455-9466  
dnace@openarmsfairbanks.org

2980 Davis Road  
Fairbanks, AK 99701

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Oatmeal Pears Milk	2 Pancakes Fruit Cocktail Milk	3 Yogurt Graham Crackers Pears Milk	4 French Toast Applesauce Milk	5	6	
7 Cold Cereal Bananas Milk	8 Oatmeal Pears Milk	9 Pancakes Applesauce Milk	10 Yogurt Graham Crackers Peaches Milk	11 French Toast Tropical Fruit Milk	12	13
14 Cold Cereal Banana Milk	15 English Muffins Peaches Milk	16 Pancakes Pears Milk	17 Oatmeal Dried fruit Milk	18 Waffles Tropical Fruit Milk	19	20
21 Cold Cereal Bananas Milk	22 Biscuit Applesauce Milk	23 Pancakes Pears Milk	24 Cream Of Wheat Bananas Milk	25 Waffles Mandarin Oranges Milk	26	27
28 Cold Cereal Bananas Milk	29 Hash Browns WW Toast Milk	30 Pancakes Applesauce Milk	31 Oatmeal Dried Fruit Milk			

USDA Nondiscrimination Statement: The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD).

**Open Arms  
Lunch  
January 2013**

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 MD #13 Hamburger Gravy Potatoes, Bread Fruit Cocktail, Milk	2 MD #17 Chicken Pot Pie Mixed Vegetable Applesauce, Milk	3 MD #12 Sheppard's Pie Green Beans, Peaches	4 MD #4 Tuna Casserole Salad, Fruit Cocktail Milk	5	6	
7 MD#16 Beef Veg. Soup Sliced Apples Bread, Milk	8 MD#9 Chicken Alfredo Green Beans Mandarin Oranges,	9 MD#8 Trout Roasted Potatoes Pears, Milk	10 MD#10 Spaghetti Salad Fruit Cocktail, Milk	11 MD#19 Pork & Noodles Salad Peaches, Milk	12	13
14 MD#21 Hamburger & Buns Salad Sliced Apples, Milk	15 MD#1 Margarita Chicken Green Beans, Rice Tropical Fruit, Milk	16 MD#6 Chicken Nuggets Corn Peaches, Milk	17 MD#15 TEX-MEX Casserole Diced Carrots Fruit Cocktail, Milk	18 MD#5 Ham & Scalloped Potatoes Salad, Rolls	19	20
21 MD#16 Beef Veg. Soup Sliced Apples Bread & Milk	22 MD#9 Chicken Alfredo Peaches Mix Vegetable, Milk	23 MD#3 Bratwurst & Penne Pasta Salad	24 MD#20 Hot Dogs & Buns Beans, Tropical Fruit Milk	25 MD#19 Pizza Salad Fruit Cocktail, Milk	26	27
28 MD #14 Cheese & Bean Burritos Black Bean & Corn	29 MD#1 Margarita Chicken Salad, Rice Peaches, Milk	30 MD#14 Grilled Cheese Sandwich Tomato Soup	31 MD #11 Sloppy Joe On Bun Green Beans, Mandarin Oranges			

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**Open Arms  
Afternoon Snack  
January 2013**

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Pineapple French Bread Water	2 Broccoli Carrots Wheat Thins	3 Bagels Sliced Apples Water	4 Cheese Sticks Bread Sticks Apple Juice	5	6	
7 Muffins Sliced Oranges	8 Applesauce French Bread Water	9 Broccoli & Carrots Wheat Thins Water	10 Bagels Apple Slices	11 String Cheese Bread Sticks Apple Juice	12	13
14 Muffins Sliced Oranges Water	15 Pineapple French Bread Water	16 Broccoli Carrots Wheat Thins Water	17 Bagels Apple Slices Water	18 String Cheese Bread Sticks Apple Juice	19	20
21 Muffins Sliced Oranges Water	22 Pineapple French Bread Water	23 Broccoli Carrots Wheat Thins Water	24 Bagels Apple Slices Water	25 String Cheese Bread Sticks Apple Juice	26	27
28 Muffins Sliced Oranges Water	29 Applesauce French Bread Water	30 Broccoli & Carrots Wheat Thins Water	31 Bagels Apple Slices Water			