

Roasted Maple-Ginger Root Vegetables Recipe

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| Ingredients: •5 medium parsnips, peeled and sliced •5 small carrots, sliced •3 medium turnips, peeled and cubed •1 large sweet potato, peeled and cubed •1 small rutabaga, peeled and cubed •1 large sweet onion, cut into wedges •1 small red onion, cut into wedges •2 tablespoons olive oil •1 tablespoon minced fresh ginger root •1 teaspoon salt •1/2 teaspoon pepper •1 cup maple syrup | Serves 5-6 | Steps: •Place the vegetables (first 7 ingredients listed) in a large bowl. •Add the oil, ginger, salt and pepper and toss well to coat. •Arrange vegetables in a single layer in two 15x10x1-in. baking pans coated with cooking spray. •Bake uncovered, at 425° for 25 minutes, stirring once. •Drizzle with syrup. •Bake until vegetables are tender, 20-25 minutes longer, stirring once more. |
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January 2023 Menu (Subject to Change)

| Week V | Monday, January 2, 2023 | Tuesday, January 3, 2023 | Wednesday, January 4, 2023 | Thursday, January 5, 2023 | Friday, January 6, 2023 |
|----------|---------------------------|-------------------------------|---|---------------------------|----------------------------|
| | Chicken Supreme | Beef Nachos | Marinated Grilled Chicken Fillet | Chicken Pilaf | Beef & Potatoes |
| | Steamed Rice | Taco Beef & Golden Corn Chips | Brown Rice | Sliced Cucumbers | Steamed Rice |
| Hot Meal | Fresh Baby Carrots | Black Bean & Corn | Crisp Broccoli | Fruit of the Day | Steamed Peas |
| | Fruit of the Day | Fruit of the Day | Fruit of the Day | Milk Substitute | Fruit of the Day |
| | Milk Substitute | Milk Substitute | Milk Substitute | | Milk Substitute |
| Week VI | Monday, January 9, 2023 | Tuesday, January 10, 2023 | Wednesday, January 11, 2023 | | |
| | Chicken Fried Rice | Beef & Broccoli | Chicken Fajita w/Rice | | |
| | Baby Carrots | Brown Rice | Seasoned Chicken & Peppers | | |
| Hot Meal | Fruit of the Day | Steamed Corn | Served w/ Brown Rice | | |
| | Corn Chips | Fruit of the Day | Black Beans | | |
| | Milk Substitute | Milk Substitute | Fruit of the Day & Milk Substitute | | |

* Skim and 1% milk choices offered daily.
 * All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.
 * All Rice/Rice Products listed in the menu are Whole-grain brown rice products.