

December 2019

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hot Dog on Bun w/ Chili Sauce Baked Beans Corn w/ Diced Tomato Applesauce	3 Chicken Teriyaki Brown Rice Stir Fry Vegetables Carrots Wh. Grain Bread Grape Juice	4 Assorted Salad Plate French Dressing Baby Carrots Wh. Grain Bread Fresh Fruit	5 Fish Fillet Cheesy Mashed Potatoes Mixed Vegetables Apple Juice Wh. Grain Bread	6 Macaroni & Beef Spinach California Vegetables Strawberry Applesauce Wh. Grain Bread
9 Baked Chicken Yellow Rice & Tomatoes Green Beans Wh. Grain Bread Orange Pineapple Juice	10 Meatballs & Penne Pasta in Marinara Broccoli Italian Vegetables Wh. Grain Bread Pineapple Cup	11 Krab Salad Creamy Broccoli Salad Tossed Salad Italian Dressing Fresh Fruit Wh. Grain Bread	12 NY Strip Patty w/ Picadillo Sauce Green Peas Sweet Potatoes Wh. Grain Bread Orange-Pineapple Juice	13 Chicken Parmesan Rosemary Potatoes Cheesy Spinach Wh. Grain Bread Grape Juice
16 Meatloaf w/ Apple Brown Gravy Potatoes Stewed Tomatoes Wh. Grain Bread Pear Cup	17 Oven Baked Chicken Southern Rice Spinach Wh. Grain Bread Grape Juice	18 Hot Dog on Bun w/ Chili Sauce Baked Beans Corn w/ Diced Tomato Applesauce	19 Battered Fish Nuggets Garlic Mashed Potatoes Carrots Wh. Grain Bread Orange Juice	20 Sliced Ham w/ Pineapple Potatoes Au Gratin Green Peas Dinner Roll Holiday Dessert
23 Chicken Breast Patty over Rice Black Beans & Tomatoes Mixed Vegetables Wh. Grain Bread Grape Juice	24 Centers Closed 	25 Centers Closed 	26 Rib Beef Patty w/ Braised Sauce Stewed Tomatoes w/ Cilantro Garden Peas Wh. Grain Bread Orange-Pineapple Juice	27 Sliced Turkey Cornbread Dressing Butternut Squash Flat Beans Dinner Roll Graham Crackers
30 Hot Dog on Bun w/ Chili Sauce Baked Beans Corn w/ Diced Tomato Applesauce	31 Chicken Teriyaki Brown Rice Stir Fry Vegetables Carrots Wh. Grain Bread Grape Juice			Low Fat Milk Available With Each Meal

Menu Approved by: Registered Dietitian Dana Gardner and may be subject to change.