

December 2016

Monday	Tuesday	Wednesday	Thursday	Friday
EACH MEAL IS SUPPLIED WITH A 1/2 PINT OF 2% MILK			1 Mushroom Steak Burger Carrots Lima Beans w/Red Peppers White Dinner Roll Oatmeal Cookie	2 Calypso Chicken Chuckwagon Corn Steamed Spinach Whole Wheat Bread Dt. Chocolate Pudding
5 Meatballs Brown Gravy Mashed Potatoes Italian Squash Whole Wheat Bread Fresh Apple	6 Sliced Roasted Turkey Mushroom Gravy Broccoli Cuts Carrots Whole Wheat Bread LD Fudge Round	7 Hot Dog w/ Chili Tator Tots Carrot Slaw Hot Dog Bun Diet Peach Crisp	8 Peach-Orange BBQ Chicken Parsley Potatoes Seasoned Collard Greens Cornbread Variety Moon Pie	9 Beef Taco Black Beans Tex-Mex Corn w/Tomatoes Flour Tortilla Fresh Orange Taco Sauce
12 Chicken Teriyaki Green Beans w/ Red Peppers Carrots w/Ginger Whole Wheat Bread Lemon Square	13 Hamburger American Cheese Lettuce/Tomato/Onion Baked Beans Hamburger Bun Diet Pear Cobbler	14 Chicken Pot Pie Harvard Beets Chuckwagon Corn Whole Wheat Bread Birthday Cake	15 Country Meatballs Pinto Beans Seasoned Turnip Greens Cornbread Pineapple Tidbits	16 Sliced Ham Raisin Sauce Whipped Sweet Potatoes Lima Beans w/Red Peppers Whole Wheat Bread LD Raisin Crème Pie
19 Beef Patty Pepper & Onion Gravy Garlic Mashed Potatoes Steamed Spinach Whole Wheat Bread Fresh Orange	20 A-1 Chopped Steak Brown Gravy Green Beans w/ Red Peppers Rosemary Potatoes Whole Wheat Bread Peanut Butter Fluff	21 Chili with Beans Confetti Cole Slaw Carrots Saltine Crackers Spiced Peaches	22 Chicken Breast Fillet Poultry Gravy Zucchini w/ Red Peppers Cream Style Corn White Dinner Roll Variety Moon Pie	23 Roast Beef Brown Gravy Boiled Potatoes Green Peas & Mushrooms Whole Wheat Bread Sugar Cookie
26 CLOSED	27 CLOSED	28 Turkey Parmesan Mixed Vegetables Buttered Cabbage Whole Wheat Bread Mixed Fruit	29 Mushroom Steak Burger Carrots Lima Beans w/Red Peppers White Dinner Roll Oatmeal Cookie	30 Calypso Chicken Chuckwagon Corn Steamed Spinach Whole Wheat Bread Dt. Chocolate Pudding

****ALL MENUS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE ****

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THE NUTRITIONAL INFORMATION CONTAINS THE MILK OFFERED WITH EACH MEAL			1 CAL = 727.74 FAT = 22.42 G SODIUM = 982.76 MG FIBER = 11.61 G CARBS = 84.47 G CALCIUM = 403.74 MG	2 CAL = 757.77 FAT = 16.57 G SODIUM = 953.86 MG FIBER = 11.16 G CARBS = 121.46 G CALCIUM = 594.58 MG
5 CAL = 740.99 FAT = 21.27 G SODIUM = 797.4 MG FIBER = 12.05 G CARBS = 105.12 G CALCIUM = 552.68 MG	6 CAL = 627.3 FAT = 20.09 G SODIUM = 846.48 MG FIBER = 8.71 G CARBS = 71.2 G CALCIUM = 386.77 MG	7 CAL = 888.81 FAT = 38.46 G SODIUM = 1176.64 MG FIBER = 7.72 G CARBS = 105.31 G CALCIUM = 405.78 MG	8 CAL = 743.22 FAT = 17.76 G SODIUM = 800.57 MG FIBER = 6.35 G CARBS = 111.1 G CALCIUM = 615 MG	9 CAL = 769.54 FAT = 28.23 G SODIUM = 1190.88 MG FIBER = 13.27 G CARBS = 85.52 G CALCIUM = 483.66 MG
12 CAL = 681.41 FAT = 23.37 G SODIUM = 758.98 MG FIBER = 5.71 G CARBS = 81.59 G CALCIUM = 404.53 MG	13 CAL = 833.23 FAT = 30.27 G SODIUM = 1037.24 MG FIBER = 14.24 G CARBS = 96.15 G CALCIUM = 554.5 MG	14 CAL = 999.26 FAT = 32.88 G SODIUM = 1055.5 MG FIBER = 10.62 G CARBS = 134.05 G CALCIUM = 450.56 MG	15 CAL = 622.69 FAT = 18.25 G SODIUM = 712.78 MG FIBER = 10.97 G CARBS = 82.29 G CALCIUM = 605.14 MG	16 CAL = 776.11 FAT = 20.11 G SODIUM = 1122.82 MG FIBER = 12.36 G CARBS = 117.07 G CALCIUM = 379.82 MG
19 CAL = 663.17 FAT = 23.55 G SODIUM = 631.96 MG FIBER = 11.35 G CARBS = 74.67 G CALCIUM = 557.43 MG	20 CAL = 800.72 FAT = 32.42 G SODIUM = 1101.76 MG FIBER = 8.91 G CARBS = 92.43 G CALCIUM = 537.03 MG	21 CAL = 699.37 FAT = 25.8 G SODIUM = 803.27 MG FIBER = 12.45 G CARBS = 86.93 G CALCIUM = 440.77 MG	22 CAL = 618.54 FAT = 15.37 G SODIUM = 1014.95 MG FIBER = 3.31 G CARBS = 79.54 G CALCIUM = 345.12 MG	23 CAL = 737.01 FAT = 22.09 G SODIUM = 666.57 MG FIBER = 9.28 G CARBS = 86.06 G CALCIUM = 334.98 MG
26 CLOSED	27 CLOSED	28 CAL = 626.74 FAT = 16.15 G SODIUM = 676.25 MG FIBER = 11.93 G CARBS = 75.63 G CALCIUM = 445.88 MG	29 CAL = 727.74 FAT = 22.42 G SODIUM = 982.76 MG FIBER = 11.61 G CARBS = 84.47 G CALCIUM = 403.74 MG	30 CAL = 757.77 FAT = 16.57 G SODIUM = 953.86 MG FIBER = 11.16 G CARBS = 121.46 G CALCIUM = 594.58 MG

GM = GRAMS CAL = CALORIES MG = MILIGRAMS CARBS = CARBOHYDRATES