

# December

2023

## Congregation Beth Israel

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>No Haute Lunch</b>
4 Turkey Chili <b>GF DF V</b> Cornbread Peas & Carrots <b>GF DF V</b> Fruit <b>*Veggie Chili</b>	5 Soft Chicken Tacos <b>DF</b> Corn & Bean Salad <b>GF DFV</b> Fruit <b>*Bean Taco</b>	6 All Beef Corn Dogs Tots <b>GF DF V</b> Veggies <b>GF DF V</b> Fruit <b>*Veggie Dog</b>	7 Taco Soup Quesadilla Fruit <b>*Tortilla Soup</b>	8 <b>No Haute Lunch</b>
11 Chicken Tenders Mac & Cheese <b>V</b> Green Beans <b>GF DFV</b> Fruit <b>*Chickn' Nuggets</b>	12 Cheese Enchiladas <b>V</b> Spanish Rice <b>GF DFV</b> Beans <b>GF DFV</b> Fruit	13 Corn Chowder <b>GFV</b> Cucumber salad <b>GF DFV</b> WW roll Fruit	14 Hot Turkey Cubano Veggies Fruit <b>*Veggie Cubano</b>	15 <b>No Haute Lunch</b>
18 Minestrone Soup Cheese Toast <b>V</b> Fruit <b>*Veggie Soup</b>	19 Beef Taco Beans <b>GF DFV</b> Cilantro Rice <b>GF DFV</b> Fruit <b>*Bean Taco</b>	20 Chicken & Dumplings WW Roll <b>V</b> Peas & Carrots <b>GF DF V</b> Fruit <b>*Veggie &amp; Dumplings</b>	21 Turkey & Cheese Bento <b>GF DF</b> Mixed Veggies <b>GF DF V</b> Fruit <b>*Tofurkey Bento</b>	22 <b>No Haute Lunch</b> <b>Happy Holidays!!!</b>
25 <b>No Haute Lunch</b> <b>Happy Holidays!!!</b>	26 <b>Happy Holidays!</b>	27 <b>Happy Holidays!</b>	28 <b>Happy Holidays!</b>	29 <b>Happy Holidays!</b>

