

December

2020

Congregation Beth Israel

December

Monday	Tuesday	Wednesday	Thursday	Friday
	Beef Soft Tacos DF Refried Beans GF DF V Spanish Rice GF DF V Oranges GF DF V	Angel hair pasta with mozzarella, tomato, and basil DF V E Garlic breadstick V Carrots GF DF V Fruit GF DF V	Baked Chicken strips DF E Mac & cheese E V Broccoli GF DF V Pineapple GF DF V	Pizza
Beef Chili GF DF Cornbread DF V E Green Beans GF DF V Fruit GF DF V	Bean & Cheese Taco V Roasted corn GF DF V Rice GF DF V Fruit GF DF V	Spaghetti & Meatballs Garlic Bread V Green Peas GF DF V Fruit GF DF V	BBQ Chicken DF E Mashed cauliflower potatoes GF V Zucchini & Squash GF DF V Fruit GF DF V	Pizza
Chicken & Rice GF Peas & Carrots GF DF V Fruit GF DF V	Turkey soft tacos Rice GF DF V Black Beans GF DF V Fruit GF DF V	Fish Sticks DF E Mac & Cheese E V Zucchini & Squash GF DF V Fruit GF DF V	Swedish Meatballs E GF Buttered noodles E V Green Beans GF DF V Fruit GF V	Pizza
Lasagna E Garlic Breadstick Roasted Broccoli GF DF V Fruit GF DF V	Chicken Quesadillas Rice GF DF V Refried Beans GF DF V Fruit GF DF V	Winter Break		
				