

December, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 Diced Pork w/Noodles Chuckwagon Corn Brussels Sprouts Whole Wheat Bread (1) Sugar Free Gelatin Cup	4 Chicken Breast Fillet Orange Sauce (1 oz) Broccoli / Cauliflower Blend Pineapple Tidbits Rice Pilaf (1/3c) Sugar Free Pudding Cup Margarine	5 Meatloaf Mashed Potatoes Green Beans Whole Wheat Bread (1) Peaches	6 Chicken Breast Fillet Marsala Sauce Italian Blend Vegetables Green Peas Noodles (1/3 c) Applesauce	7 Country Meatballs Glazed Carrots Smothered Potatoes Whole Wheat Bread (1) Sugar Free Gelatin Cup
10 Breaded Fish Tartar Sauce Chuckwagon Corn Broccoli Cuts Whole Wheat Bread (1) Pears	11 Salisbury Steak Sour Cream & Chive Potatoes Carrots Whole Wheat Bread (1) Applesauce	12 Chicken with Peanut Sauce Oriental Blend Vegetables Steamed Spinach Steamed Rice Mixed Fruit	13 Beef Macaroni w/Tomato Green Peas Yellow Crookneck Squash White Roll Sugar Free Gelatin Cup	14 Roasted Turkey Breast Poultry Gravy Sweet Potatoes Green Beans Whole Wheat Bread (1) Sugar Free Pudding Cup
17 Turkey ala King Red Bliss Potatoes Brussels Sprouts Biscuit Sugar Free Gelatin Cup	18 Roast Pork Apple Berry Sauce Green Peas Carrots Wild Rice Blend Sugar Free Gelatin Cup	19 Beef & Rice Patty w- Cabbage Cabbage with entrée Normandy Blend Vegetables Whole Wheat Bread (1) Spiced Peaches	20 Smothered Chicken Breast Whipped Sweet Potatoes Steamed Spinach Whole Wheat Bread (1) Mandarin Oranges	21 Beef Stroganoff w/ Noodles Green Beans Whole Kernel Corn Whole Wheat Bread (1) Applesauce
24 Roast Beef Brown Gravy Mashed Potatoes Carrots White Roll Sugar Free Gelatin Cup	25 Baked Chicken Thigh Herbed Potatoes Normandy Blend Vegetables Whole Wheat Bread (1) Peaches	26 Breaded Fish Tartar Sauce Yellow Crookneck Squash Steamed Spinach Whole Wheat Bread (1) Graham Crackers	27 Chicken Breast Fillet Italian Herb Sauce Green Peas Cauliflower Whole Wheat Bread (1) Fruit & Grain Bar	28 Hamburger Pinto Beans Chuckwagon Corn Hamburger Bun Sugar Free Gelatin Cup
31 Turkey with Divan Sauce Steamed Spinach Whole Kernel Corn Whole Wheat Bread (1) Sugar Free Pudding Cup				EACH MEAL IS SUPPLIED WITH A 1/2 PINT OF 2% MILK

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

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3	4	5	6	7
CAL = 600 FAT = 7.84 G SODIUM = 2.07 MG FIBER = 8.82 G CARBS = 66.82 G CALCIUM = 623.3 MG	CAL = 557.62 FAT = 4.01 G SODIUM = 1.17 MG FIBER = 6.03 G CARBS = 75.04 G CALCIUM = 296.01 MG	CAL = 634.02 FAT = 7.87 G SODIUM = 2.56 MG FIBER = 7.19 G CARBS = 74.69 G CALCIUM = 662.64 MG	CAL = 484.86 FAT = 1.42 G SODIUM = 101.34 MG FIBER = 10.9 G CARBS = 67.11 G CALCIUM = 373.81 MG	CAL = 655.83 FAT = 1.75 G SODIUM = 1.04 MG FIBER = 5.53 G CARBS = 74.48 G CALCIUM = 375.27 MG
10	11	12	13	14
CAL = 511.6 FAT = 4.26 G SODIUM = 1.3 MG FIBER = 8.15 G CARBS = 71.85 G CALCIUM = 401.93 MG	CAL = 696.11 FAT = 9.83 G SODIUM = 2.15 MG FIBER = 7.33 G CARBS = 72.58 G CALCIUM = 565.64 MG	CAL = 592.06 FAT = 4.82 G SODIUM = 1.84 MG FIBER = 9.94 G CARBS = 72.49 G CALCIUM = 552.05 MG	CAL = 533 FAT = 5.81 G SODIUM = 1.71 MG FIBER = 9.66 G CARBS = 62.05 G CALCIUM = 503.49 MG	CAL = 515.03 FAT = 1.38 G SODIUM = 0.91 MG FIBER = 5.71 G CARBS = 72.29 G CALCIUM = 326.64 MG
17	18	19	20	21
CAL = 584.47 FAT = 3.51 G SODIUM = 2.25 MG FIBER = 7.99 G CARBS = 71.81 G CALCIUM = 453.1 MG	CAL = 544.72 FAT = 3.5 G SODIUM = 2.07 MG FIBER = 11.51 G CARBS = 71.33 G CALCIUM = 634.79 MG	CAL = 586.17 FAT = 7.67 G SODIUM = 2.12 MG FIBER = 8.67 G CARBS = 67.48 G CALCIUM = 560.56 MG	CAL = 512.49 FAT = 2.26 G SODIUM = 1.53 MG FIBER = 9.1 G CARBS = 72.62 G CALCIUM = 532.95 MG	CAL = 626.52 FAT = 2.74 G SODIUM = 1.36 MG FIBER = 7.21 G CARBS = 74.92 G CALCIUM = 449.68 MG
24	25	26	27	28
CAL = 607.03 FAT = 2.08 G SODIUM = 1.94 MG FIBER = 6.53 G CARBS = 70.45 G CALCIUM = 415.42 MG	CAL = 618.48 FAT = 3.6 G SODIUM = 2.8 MG FIBER = 7.55 G CARBS = 66.51 G CALCIUM = 569.82 MG	CAL = 518.59 FAT = 4.09 G SODIUM = 1.06 MG FIBER = 6.96 G CARBS = 75.99 G CALCIUM = 413.12 MG	CAL = 538.96 FAT = 1.78 G SODIUM = 1.31 MG FIBER = 10.76 G CARBS = 72.49 G CALCIUM = 438.17 MG	CAL = 591.79 FAT = 1.59 G SODIUM = 1.13 MG FIBER = 9.49 G CARBS = 72.76 G CALCIUM = 382.23 MG
31				THE NUTRITIONAL INFORMATION CONTAINS THE MILK OFFERED WITH EACH MEAL
CAL = 524.38 FAT = 2.2 G SODIUM = 1.22 MG FIBER = 10.27 G CARBS = 67.32 G CALCIUM = 462.21 MG				

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