

## December, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Parmesan Romana Blend Veg. Green Peas Penne Pasta Mixed Fruit	4 Hamburger Orange Juice 6 oz. Baked Beans Hamburger Bun Pear Cobbler Yellow Mustard	5 Chicken Spanish Rice Yellow Squash w/Tomatoes Green Beans Multigrain Bread Fruit & Grain Bar	6 Diced Beef & Noodles Mashed Potatoes Grape Juice 6 oz. Whole Wheat Bread Cherry Cobbler	7 Breaded Fish Tartar Sauce Chuckwagon Corn Cabbage Whole Wheat Bread Pineapple Nut Cookie Margarine
10 Sliced Ham Whipped Sweet Potatoes Green Bean Casserole Whole Wheat Roll Pineapple Tidbits	11 Turkey Tetrazzini Italian Squash Green Peas Garlic Bread Applesauce	12 Western Goulash Broccoli Cuts Creamed & Whole Kernel Corn Saltine Crackers Strawberry Crunch Bar	13 Oriental Shoyu Chicken Oriental Blend Vegetables Carrots w/Ginger Glaze Whole Wheat Bread LD Oatmeal Cookie	14 Roast Pork Pork Gravy Sour Cream & Chive Potatoes Orange Juice 6 oz. Whole Wheat Roll Peach Cobbler
17 Paprika Baked Chicken Zucchini w/ Red Peppers Mashed Potatoes Multigrain Bread Mandarin Oranges	18 Chili with Beans Escaloped Apples Steamed Spinach Saltine Crackers Blonde Brownie	19 Pork Ribblett BBQ Sauce Mashed Potatoes Grape Juice 6 oz. Hamburger Bun Cherry Cobbler	20 Breaded Fish Tartar Sauce Fiesta Potatoes Seasoned Green Beans Hamburger Bun Almond Poppy seed Cake	21 Smothered Chicken Buttered Cabbage Green Peas Whole Wheat Bread Applesauce
24 Chicken ala King Green Beans Stewed Tomatoes Biscuit Pineapple Tidbits	25 Beef Macaroni w/Tomato Yellow Squash w/Tomatoes Brussels Sprouts Whole Wheat Bread Cranberry Crunch Bar	26 Diced Pork Pork Gravy Mashed Potatoes Lemon & Thyme Carrots Rye Bread Fruit & Grain Bar	27 Honey Mustard Chicken Orange Juice 6 oz. Green Peas Whole Wheat Bread Apple Cobbler	28 Italian Beef & Rice Casserole Rosemary Potatoes Normandy Blend Vegetables Garlic Bread Mixed Fruit
31 Macaroni & Cheese w/ Ham Broccoli Cuts Carrots Multigrain Bread Pears				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 = 587.13 FAT = 10.61 G SODIUM = 552.17 MG FIBER = 11.99 G CARBS = 76.74 G CALCIUM = 401.76 MG	CAL = 906.58 FAT = 25.82 G SODIUM = 685.81 MG FIBER = 13.33 G CARBS = 126.32 G CALCIUM = 511.59 MG	CAL = 664.09 FAT = 15.76 G SODIUM = 846.4 MG FIBER = 6.84 G CARBS = 92.48 G CALCIUM = 628.85 MG	CAL = 841.13 FAT = 19.05 G SODIUM = 852.84 MG FIBER = 6.79 G CARBS = 127.73 G CALCIUM = 595.33 MG	CAL = 739.22 FAT = 34.62 G SODIUM = 691.69 MG FIBER = 7 G CARBS = 72.18 G CALCIUM = 445.54 MG
10	11	12	13	14
CAL = 546.76 FAT = 14.39 G SODIUM = 901.66 MG FIBER = 6.64 G CARBS = 84.23 G CALCIUM = 471.13 MG	CAL = 717.02 FAT = 14.18 G SODIUM = 896.96 MG FIBER = 11.92 G CARBS = 110.2 G CALCIUM = 476.9 MG	CAL = 833.37 FAT = 31.31 G SODIUM = 1105.3 MG FIBER = 9.79 G CARBS = 106.63 G CALCIUM = 499.5 MG	CAL = 721.89 FAT = 23.84 G SODIUM = 895.17 MG FIBER = 6.73 G CARBS = 85.62 G CALCIUM = 432.12 MG	CAL = 705.69 FAT = 21.14 G SODIUM = 690.67 MG FIBER = 4.74 G CARBS = 95.52 G CALCIUM = 455.81 MG
17	18	19	20	21
CAL = 641.95 FAT = 20.9 G SODIUM = 495.16 MG FIBER = 4.9 G CARBS = 68.66 G CALCIUM = 487.86 MG	CAL = 870.59 FAT = 33.33 G SODIUM = 960.88 MG FIBER = 10.68 G CARBS = 109.83 G CALCIUM = 584.61 MG	CAL = 929.68 FAT = 28.52 G SODIUM = 1054.06 MG FIBER = 7.58 G CARBS = 139.22 G CALCIUM = 601.5 MG	CAL = 858.03 FAT = 31.65 G SODIUM = 1215.04 MG FIBER = 5.15 G CARBS = 105.92 G CALCIUM = 594.29 MG	CAL = 574.09 FAT = 13.85 G SODIUM = 687.12 MG FIBER = 11.22 G CARBS = 73.52 G CALCIUM = 406.38 MG
24	25	26	27	28
CAL = 647.3 FAT = 21.69 G SODIUM = 1009.08 MG FIBER = 5.3 G CARBS = 78.76 G CALCIUM = 719.41 MG	CAL = 913.87 FAT = 36.5 G SODIUM = 863.2 MG FIBER = 10.22 G CARBS = 102.97 G CALCIUM = 450.02 MG	CAL = 744.82 FAT = 17.29 G SODIUM = 718.77 MG FIBER = 6.37 G CARBS = 92.23 G CALCIUM = 663.6 MG	CAL = 741.46 FAT = 16.17 G SODIUM = 743.47 MG FIBER = 8.89 G CARBS = 102.58 G CALCIUM = 442.77 MG	CAL = 673.44 FAT = 23.59 G SODIUM = 674.82 MG FIBER = 8.5 G CARBS = 82.13 G CALCIUM = 509.51 MG
31				
CAL = 608.72 FAT = 20.76 G SODIUM = 1246.34 MG FIBER = 9.31 G CARBS = 68.98 G CALCIUM = 635.1 MG				THE NUTRITIONAL INFORMATION CONTAINS THE MILK OFFERED WITH EACH MEAL

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