

December, 2018

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

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

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3	4	5	6	7
CAL = 734.12 FAT = 8.21 G SODIUM = 2.27 MG FIBER = 10.15 G CARBS = 91.84 G CALCIUM = 678.06 MG	CAL = 822.76 FAT = 4.6 G SODIUM = 1.57 MG FIBER = 5.27 G CARBS = 93.56 G CALCIUM = 329.68 MG	CAL = 691.15 FAT = 9.42 G SODIUM = 2.53 MG FIBER = 5.66 G CARBS = 80.89 G CALCIUM = 652.13 MG	CAL = 613.07 FAT = 1.87 G SODIUM = 1.49 MG FIBER = 5.91 G CARBS = 85.26 G CALCIUM = 353.81 MG	CAL = 722.36 FAT = 1.76 G SODIUM = 1.07 MG FIBER = 7.54 G CARBS = 92.52 G CALCIUM = 384.05 MG
10	11	12	13	14
CAL = 613.99 FAT = 4.27 G SODIUM = 1.33 MG FIBER = 7.83 G CARBS = 93.58 G CALCIUM = 358.57 MG	CAL = 744.24 FAT = 9.84 G SODIUM = 2.22 MG FIBER = 8.26 G CARBS = 85.17 G CALCIUM = 566.62 MG	CAL = 752.26 FAT = 4.81 G SODIUM = 1.76 MG FIBER = 4.85 G CARBS = 99.75 G CALCIUM = 510.99 MG	CAL = 667.12 FAT = 6.18 G SODIUM = 1.91 MG FIBER = 10.99 G CARBS = 87.07 G CALCIUM = 558.25 MG	CAL = 595.03 FAT = 1.38 G SODIUM = 0.91 MG FIBER = 3.77 G CARBS = 81.29 G CALCIUM = 344.64 MG
17	18	19	20	21
CAL = 729.47 FAT = 3.51 G SODIUM = 2.25 MG FIBER = 8.05 G CARBS = 92.81 G CALCIUM = 459.1 MG	CAL = 709.72 FAT = 3.5 G SODIUM = 2.07 MG FIBER = 11.57 G CARBS = 96.33 G CALCIUM = 639.79 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 = 556.43 FAT = 2.25 G SODIUM = 1.37 MG FIBER = 8.23 G CARBS = 75.71 G CALCIUM = 520.5 MG	CAL = 646.72 FAT = 2.76 G SODIUM = 1.43 MG FIBER = 7.82 G CARBS = 80.19 G CALCIUM = 455.05 MG
24	25	26	27	28
CAL = 711.32 FAT = 3.43 G SODIUM = 2.03 MG FIBER = 6.92 G CARBS = 91.74 G CALCIUM = 426.42 MG	CAL = 703.04 FAT = 3.96 G SODIUM = 2.94 MG FIBER = 7.27 G CARBS = 78.18 G CALCIUM = 603.5 MG	CAL = 549.35 FAT = 5.65 G SODIUM = 1.09 MG FIBER = 6.54 G CARBS = 71.91 G CALCIUM = 384.15 MG	CAL = 549.84 FAT = 1.41 G SODIUM = 1.11 MG FIBER = 9.43 G CARBS = 69.47 G CALCIUM = 390.41 MG	CAL = 661.49 FAT = 1.6 G SODIUM = 1.25 MG FIBER = 10.49 G CARBS = 91.31 G CALCIUM = 389.7 MG
31				THE NUTRITIONAL INFORMATION CONTAINS THE MILK OFFERED WITH EACH MEAL
CAL = 604.38 FAT = 2.2 G SODIUM = 1.22 MG FIBER = 8.33 G CARBS = 75.32 G CALCIUM = 468.21 MG				

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