


DECEMBER 2011

Monday 12/5	Tuesday 12/6	Wednesday 12/7	Thursday 12/8	Friday 12/9
Chicken Patty Parmesan Whole Wheat Pasta California Blend Vegetables Homemade Three Bean Salad Fruit Cocktail Milk	Cheese Enchilada With Creamy Chicken Sauce Brussels Sprouts Homemade Carrot Salad Baked Apple Slices With Cinnamon Milk	Italian Noodle Casserole Made With Whole Wheat Pasta Seasoned Cooked Spinach Lima Beans Banana Milk	Swedish Meatballs Whole Wheat Pasta Mixed Vegetables Romaine Salad, Dressing Orange Quarters Milk	Chili Beans With Beef Corn Homemade Cole Slaw Pineapple Chunks Oatmeal Cookie Milk
12/12	12/13	12/14	12/15	12/16
Meatloaf w/ Low Salt Gravy Mashed Potatoes Green Peas Diced Peaches Oatmeal Cookies Milk	Cheese Ravioli With Beef And Marinara Sauce Seasoned Spinach Homemade Carrot Salad Pineapple Tidbits Milk	Roast Turkey Baked Winter Squash Casserole Cauliflower Applesauce Graham Crackers Milk	Sloppy Joe Whole Wheat Bun Romaine Salad Broccoli Apricot Crisp Milk	Fish Vera Cruz Brown Rice Zucchini Homemade Cole Slaw Fresh Apple Milk
12/19	12/20	12/21	12/22	12/23
Meatballs With BBQ Sauce Barley Pilaf Braised Cabbage Corn Salad Pineapple Tidbits Milk	Chicken Sandwich On Whole Wheat Bun Succotash Broccoli Apricot Halves Milk	Cheese Enchilada With Chili Chicken Sauce Cooked Carrots Corn Orange Quarters Birthday Cupcake Or Muffin Milk	Salisbury Steak, Low Salt Gravy Mashed Potatoes Homemade Carrot Salad Banana Graham Crackers Milk	Baked And Glazed Ham Potatoes Deluxe California Blend Vegetables Apple Pie Dinner Roll Milk 
12/26	12/27	12/28	12/29	12/30
 CLOS ED For Christmas Holiday	Cheese Omelet Bran Muffin Baked Potato Stewed Tomatoes Orange Quarters Milk	Tuna Noodle Casserole Made With Whole Wheat Pasta Seasoned Cooked Spinach Homemade Carrot Salad Banana Milk	Baked Chicken Leg With Lemon Pepper Sweet Potatoes Green Beans Mandarin Pineapple Graham Crackers Milk	Black Eyed Peas w/ Sausage Corn Bread Parslied Carrots Braised Cabbage Fruit Cocktail Ambrosia Milk

Please make your meal reservations or cancellations at least two working days ahead.

NOTE: U.S. Dietary Guidelines recommend that we consume fewer than 2300 mg of sodium a day. Meals on this menu marked with  contain over 1000 mg of sodium. We are still researching the sodium content of our recipes and attempting to reduce the sodium content of the meals. Try to balance your sodium intake throughout the rest of the day.