

# Nutrition Menu

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## Dec-19

Office Hours: 9am-1pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Lunch is Served at 11:45am Milk is Served With Each Meal	2 Turkey Sausage Red Peppers? Carrots Roasted Potatoes Roll Peach Cobbler	3 Baked Ham California Blend Vegetables Sweet Potato w/Marshmallows Pears Bread	4 Chili w/beef Broccoli Orange Juice Pimento Cheese Sandwich Jello	5 BBQ Chicken Leg Quarter Peas Cinnamon Apples Mac & Cheese Cornbread	6 Roast Beef/ Cheese Sub Garden Salad Mandarin Oranges Cookie	7	
	8	9 Beef Stroganoff Green Beans Applesauce Cornbread Pudding	10 Baked Pork Chop Collards Potatoes Au Gratin or Scalloped Fruit Crisp Roll	11 Meatloaf w/Red Sauce Lima Beans Pineapple Chunks Brown Rice Bread/Roll	12 BBQ Sandwich Coleslaw Fresh Fruit Buttered Potatoes Graham Crackers	13 Chicken Salad Beets Orange Juice Pasta Salad Crackers Angel Cake	14
	15	16 Leg Quarter Oven Fried Peas Pineapple Baked Potato Roll	17 Spaghetti w/ Meat Sauce California Blend Veggies Baked Spiced Apples Garlic Bread Pudding	18 Smoked Sausage w/bun Baked Beans Cabbage Brownies	19 Baked Turkey Carrots Cranberry Sauce Bread Stuffing Brown Rice Pudding	20 Beef Stew w/ Potatoes & Vegetables Garden Salad Orange Juice Wheat Roll Fruit Cobbler	21
22 May the peace and joy that Christmas Brings always be with you.	23  <b>Closed</b>	24  <b>Closed</b>	25  <b>Closed</b>	26  <b>Closed</b>	27  <b>Closed</b>	28	
29	30 Turkey Sausage w/ Red Peppers? Carrots Roasted Potatoes Roll Peach Cobbler	31 Baked Ham California Blend Vegetables Sweet Potato w/Marshmallows Pears Bread				Donations Are Accepted, Needed and Appreciated!	