


# DECEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Nutrition Facts</b>  <b>Average Per Meal</b>                      <b>%Daily Value*</b>            Calories 590            Total Fat 18 g                              28%            Cholesterol 90mg                        30%            Sodium 850mg                            35%            Total Carbohydrate 67g                22%            Dietary Fiber 8mg                        31%            Protein 40g            *Percent Daily Values are based on a 2,000 calorie diet</p>				1 Vegetable Soup w/Pasta Egg Salad Crackers Whole Wheat Bread Rice Pudding w/Topping*
4 Beef Stew Cut Green Beans Biscuit Apricots	5 Salisbury Steak w/Gravy Mashed Potatoes Broccoli Whole Wheat Bread Lemon Pudding w/Topping*	6 Oven Brown Chicken Sweet Potatoes Brussel Sprouts Whole Wheat Bread Peaches	7 <u>Happy Birthday</u> Sweet 'n Sour Pork Fluffy Rice Oriental Blended Vegetables Rye Bread Birthday Cake w/Frosting*	8 Spaghetti w/Meatballs Seasoned Spinach Apple Juice Italian Bread Ice Cream*
11 BBQ Ribs Parsley Boiled Potatoes Mixed Vegetables Italian Bread Fresh Fruit	12 Tuna Noodle Casserole Carrots Whole Wheat Bread Mandarin Oranges	13 Meatloaf w/Gravy Mashed Potatoes Corn Whole Wheat Bread Oatmeal Raisin Cookie*	14 Chicken ala King Sliced Zucchini Pineapple Juice Biscuit Fruit Cocktail	15 Oven Brown Fish Oven Roasted Potatoes Cole Slaw Dinner Roll Peach/Pear Cup
18 Chicken with Supreme Sauce Lemon Orzo Harvard Beets Whole Wheat Bread Ice Cream*	19 Swedish Meatballs Buttered Noodles Peas & Onions Whole Wheat Bread Rosey Pears	20 Italian Wedding Soup Warm Cinnamon Apples Carrot/Raisin Salad Crackers Strawberry Yogurt	21 Macaroni & Cheese Stewed Tomatoes Tossed Salad Dinner Roll Fresh Fruit	22 <u>Christmas Dinner</u> Sliced Ham with Fruit Sauce Sweet Potatoes Broccoli Florets w/Red Peppers Dinner Roll Cherry Cheese Cake Squares
25  <b>CLOSED</b>  	26 Fish w/Creole Sauce Fluffy Rice Winter Vegetables Whole Wheat Bread Fruit Cup	27 Sliced Turkey w/Gravy Stuffing Wax Beans Rye Bread Apple/Cranberry Cup	28 Salisbury Steak w/Gravy Mashed Potatoes Peas Whole Wheat Bread Chocolate Pudding w/Topping*	29 <u>New Year's Dinner</u> Lasagna Roll Ups Italian Green Beans Tossed Salad Apple Juice Dinner Roll Pie