

## DECEMBER LUNCH MENU

Table of Measurements  
 Breakfast:  
 -milk,juice,fruit,vegetable  
 grain, bread  
 Lunch  
 Milk,fluid,meat,1st fruit/  
 vegetable,2nd fruit/  
 vegetable,grain,bread  
 P.M.Snack  
 Milk, fluid, meat/meat  
 alternate,grain,bread,juice,  
 vegetable,fruit,bread

Key:

Bread— 2 slices

Veggies/fruit—1/2 cup

Protein—3 oz.

Entrée,Casserole, and/or  
 soup—1 cup

Skim or Fat Free Milk/fluid -  
 8 oz.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1. Chicken & Dumplings, 240c, Mashed potatoes 150c, Seasoned Green Beans 80c, Whole Grain Bread & Butter 80c, Milk 122c
				Calories: 592
Chowder 240c, Turkey & Cheese on Wheat, 200c, Mandarin Orange 75c, Milk 122c	Deviled Eggs 80c, Sliced Peaches 75c, Milk 122c	Gravy 320c, Mashed Potatoes 150c, Brussels Sprouts 75c, Whole Grain Wheat Bread 80c, Milk 122c	Hamburger 320c, Cauliflower w/Cheese 150c, Tropical Fruit 75c, Whole Grain Wheat Bread 80c, Milk 122c	w/Cheese 245 c, Pulled Pork BBQ 140c, Steamed Broccoli 60c, Whole Grain Bread & Butter 80c, Milk 122c
Calories: 637	Calories: 497	Calories: 747	Calories: 747	Calories: 647
11. Meatloaf 220c, Mashed Potatoes 150c, Peas & Carrots 65c, Whole Grain Wheat Bread 80c, Milk 122c	12. Beef Vegetable Soup w/Crackers 227c, Ham & Cheese on Wheat 150c, Chocolate Mousse 50c, Banana 70c, Milk 122c	13. Turkey Manhattan on White Bread 250c, Mashed Potatoes 150c, Seasoned Green Beans 80c, Sliced Pineapple 60c, Milk 122c	14. Sweet & Sassy Chicken 220c, Corn Casserole 150c, Candied Sweet Potatoes 110c, Sliced Pears 60c, Whole Grain Bread 80c, Milk 122c	15. Ham & Bean 225c, Cornbread Muffin 137c, Oven Fried Potatoes 122c, Spinach 60c, Butter-scotch Pudding 40c, Milk 122c
Calories: 634	Calories: 619	Calories: 632	Calories: 742	Calories: 706
18. Glazed Pork Loin 220c, Baked Potato 150c, Mixed Veggies 75c, Whole Grain Bread & Butter 80c, Milk 122c	19. Coney Dog on Bun, 280c, A Gratin Potatoes 150c, Baked Beans 80c, Sliced Peaches, Milk 122c	20. Savory Pot Roast w/Potatoes, Carrots, Onions, Celery 350c, Strawberry Fruited Jell-O 80c, Whole Grain Bread 80c, Milk 122c	21. Egg Casserole 250c, Enriched Biscuits 160c, Milk Gravy 110c, Warm Cinn. Apples 75c, Milk 122c	22. Chili w/Crackers, 250c, Grilled Cheese 150c, Mandarin Orange Slices 52c, Chocolate Pudding 80c, Milk 122c
Calories: 647	Calories: 632	Calories: 632	Calories: 717	Calories: 654
<b>CLOSED</b>	26. Macaroni & Cheese w/Ham Cubes 380c, Green Beans 80c, Apple Sauce 50c, Whole Grain Wheat Bread 80c, Milk 122c	27. Pizza Casserole w/Pepperoni, Sausage, Bell Pepper, Onion & Cheese 310c, Pears & Apple Bake 110c, Whole Grain Bread 80c, Milk 122c	28. Bacon Wrapped Chicken Thighs 250c, Yukon Gold Potatoes 155c, Buttered Corn, 75c, Whole Grain Bread 80c, Milk 122c	29. Chicken & Veggies w/Dumplings 220c, Cooked Cabbages 65c, Fruit Cocktail 40c, Whole Grain Bread & Butter 80c, Milk 122c
	Calories: 717	Calories: 622	Calories: 687	Calories: 557

**MERRY CHRISTMAS!**



Looking for an easy way that YOU can help those less fortunate in your community during the upcoming holiday season? Generations has kicked off its 9<sup>th</sup> annual, award-winning Build-A-Basket program. This program benefits aged and disabled homebound clients in Generations' six county service area of Daviess, Dubois, Greene, Knox, Pike, and Martin Counties. Just fill a tote with a lid, or a similar container, with household items for a homebound client. Many Generations clients live off of a small, fixed monthly income and may have very few informal supports, or family & friends. For these clients, it is often difficult to afford household items. By filling a tote with a variety of household products and supplies, you will be helping a homebound individual by meeting a physical need, as well as meeting an emotional need, as he/she will know that someone is thinking of them during the holiday season. At Generations, we serve a total of approximately 1,000 clients per month through our

agency's varying programs and we rely on community volunteers, like you, to help us make a difference in our client's lives. No volunteer is too young, or too old! We are communities, working together for the betterment of the lives of our friends and neighbors who may not be as fortunate as we are. If you are interested in filling a basket for the Build-A-Basket program, please contact Alma Kramer via e-mail at [akramer@vinu.edu](mailto:akramer@vinu.edu), or by phone at (812)888-4527, or toll-free at (800) 742-9002 for details. You can find a list of suggested basket items and

drop off locations & times on our Generations Facebook page or by visiting our website at [generationsnetwork.org](http://generationsnetwork.org). Baskets will have drop-off points in all 6 counties. If you are interested in volunteering in another way and would like to know more about what volunteer programs might be a good fit for you, please call our toll-free number at (800)742-9002.



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For information on any travel, contact Pat at Hoosier Travel in Washington, 812-254-4000 or Tracy at Executive Travel in Vincennes, 812-882-4555.