

# December LUNCH 2024

## 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.

**\* Entrée Alternative**

Available Per Client Choice

**MENU SUBJECT TO CHANGE!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20F CHICKEN MASHED POTATOES, BUTTERED CORN, WHEAT BREAD AND MILK	3 TUNA NOODLE CASSEROLE, GLAZED CARROTS, TROPICAL FRUIT, WHEAT BREAD, MILK	4 BREADED PORK LOIN, MASHED POTATOES, MILK GRAVY, GREEN BEANS WHEAT BREAD	5 VEGGIE SOUP, CRACKERS, HAM SALAD ON WHEAT, STEWED APPLES, MILK	6 CONEY DOG /BUN, POTATO WEDGES, BAKED BEANS AND MILK
Calories: 497	Calories: 590	Calories: 741	Calories: 624	Calories: 789
9 HONEY GARLIC PORK/ BUN, SCALLOPED POTATOES, PEAS AND MILK	10 BEEF CHUILI, PBJ ON WHEAT, CINNAMON APPLES, CORN CHIPS AND MILK	11 GR MAC/ CHEESE, HAM, PEAS, DEVILED EGGS, GREEN BREAD, MILK, GRINCH PIE	12 SUPREME PIZZA, BREAD STICKS/ CHEESE, SIDE SALAD/RANCH, BANANA, MILK	13 CHICKEN NOODLES, MASHED POTATOES, GLAZED CARROTD, DINNER ROLLS AND MILK
Calories: 736	Calories: 775	Calories: 689	Calories: 568	Calories: 749
16 ASIAN CHICKEN BROCCOLI, STEAMED RICE, PORK EGGROLL, MANDARIN ORANGES, MILK	17 SPAGHETTI W/MEAT, GARLIC BREAD, BUTTERED CORN, SLICED PEACHES AND MILK	18 HAM CHUNKS, ROASTED POTATOES, CRUSTY BREAD, OLIVES, TOMATOES, CHEESE, MILK	19 MEATLOAF, MASHED POTATOES, MIXED VEGGIES, WHEAT BREAD, MILK	20 RIBEYE, BAKED SW POTATO, FRESH GR BEANS, DINNER ROLL, PECAN PIE AND MILK
Calories: 649	Calories: 641	Calories: 420	Calories: 589	Calories:
23 CHILI DOG, CHEESE/ BUN, COOKED CABBAGE, MASHED POTATO, MILK	24 CLOSED MERRY CHRISTMAS EVE	25 CLOSED MERRY CHRISTMAS	26 CLOSED HAPPY HOLIDAYS	27 BEEF MUSHROOM, NOODLES, PEAS, DINNER ROLL, APPLESAUCE AND MILK
Calories: 768	Calories:	Calories:	Calories:	Calories: 673
30 POLISH SAUSAGE, COOKED CABBAGE, MASHED POTATOES, WHEAT BREAD MILK	31			
Calories: 549	Calories:			