

# DECEMBER 2013 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Italian Pork Cupboard Soup Wheat Roll Grapes	3 Cream Cheese, Tomato, Cucumber on a Whole Wheat Bagel Apples with Whipped Peanut Butter	4 Sweet & Sour Chicken Stir-Fry Veggies Brown Rice Pineapple	5 Black Bean, Cheese & Tomato Quesadilla Pepper Slices Banana & Apple Salad	6 Turkey Wild Rice Cass. Roasted Veggies Pears
9 Roast Turkey Roasted Potatoes & Carrots Wheat Roll Apples	10 Pork Roast with Potato, Carrot and Celery Breadstick Grapes	11 California Turkey Melt on English Muffin Tossed Salad Pears	12 Beef Minestrone Soup Wheat Roll Baked apples	13 Cashew Chicken with Stir-Fry Veggies Brown Rice Oranges
16 Egg Salad Wrap Confetti Bean Salad Mandarin Oranges	17 BBQ Chicken Sandwich Tossed Salad Pineapple	18 Turkey Burger Sliders on Wheat Roll Snap Peas Mango	19 Chicken & White Bean Chili Roasted Veggies Breadstick Oranges	20 Grilled Cheese Sammies Marinated Veggie Salad Bananas & Grapes
23 Lean Beef Marinara Lasagna Roasted Zucchini Fresh Fruit Sorbet	24 <b>Have a Blessed Christmas</b> CENTER CLOSED	25 <b>Have a Blessed Christmas</b> CENTER CLOSED	26 Southwestern Chicken Melt on Wheat Bread Tossed Salad Oranges	27 Cobb Salad Wheat Garlic Toast Grapes
30 Chicken Florentine Breadstick Oranges	31 Teriyaki Pork Loin Cabbage Noodle Salad Pineapple			

\*All fruits and vegetables are fresh. Any grain should be whole wheat or multi-grain. All milk based products such as cheeses are 2%. All meats should be lean cut and low sodium. Any dip should be low fat or fat free. All meals served with milk.