

# DECEMBER 2012 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Grilled Cheese Sandwich, Marinated Veggie Salad, Pineapple	4 Black Bean, Tomato & Cheese Quesadilla, Pepper Slices and Grapes	5 Tuna Sandwich on Whole Wheat Bread, Snap Peas and Orange Slices	6 Vegetarian Lasagna, Spinach & Garden Vegetable Salad, with Garlic Breadstick	7 Butternut Squash & Roasted Apple Bisque Soup with Cheese and Crackers
10 Whole Wheat Pasta with Meaty Marinara Sauce, Cucumber Slices and Mango	11 Whole Wheat French Toast, Turkey Sausage, Kiwi & Mandarin Oranges	12 Black Bean & Beef Sloppy Joes, Sweet Potato Fries and Grapes	13 Healthy Krab Stuffed Tomato, Parmesan Breadstick and Fruit Toss	14 Lean Beef Barley Soup with Vegetables and Pineapple
17 Cucumber Dill and Tomato Sandwich on Whole Wheat Roll, Apple Slices w/ Whipped Peanut Butter	18 Chicken & Mandarin Orange Spinach Salad, Parmesan Cheese Bread Knot	19 Southwestern Chicken Melt on Whole Wheat Bread (Black Beans, Corn, Cauliflower, Peppers) w/ Fruit Salad	20 Cheese and Veggie Pizza with Grape Slices	21 Egg White Spinach Feta Frittata with Turkey Sausage and Whole Wheat Toast
24 CHRISTMAS EVE  CENTER CLOSED	25 MERRY CHRISTMAS!  CENTER CLOSED	26 Greek Salad, Brown Rice and Kiwi	27 BBQ Chicken Drumstick, Sweet Corn, Cornbread and Apple Slices	28 Chicken Florentine Casserole with Spinach, Garlic Bread and Mango
31 Ground Beef Tostadas, Lettuce, Tomato and Orange Slices				

\*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.