





# Lunch Menu

This institution is an equal opportunity provider and employer

HM stands for Home Made meal

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>December 3-7</b>	Turkey, Ham Roll Up	Meat and Gravy	Cheese Crisps	Chicken Stir Fry	Pasta Salad
Grain/ Bread	Tortilla	Mashed Potatoes	Tortilla	Rice	Macaroni
Meat/ Meat Alt.	Turkey/Ham	Beef	Cheese	Chicken	Ham/Cheese
Fruit/Veggie #1	Mixed Veggies	Green Beans	Lettuce/Carrots	Stir Fry vegetables	Peas
Fruit/Veggie #2	Peaches	Oranges	Fruit Cocktail	Bananas	Applesauce
Milk	Milk	Milk HM	Milk HM	Milk HM	Milk HM
<b>December 10-14</b>	Beef Stroganoff	Turkey Sandwich	Ham & Rice Casserole	Burritos	Chicken Open Face
Grain/ Bread	Egg Noodles	Wheat Bread	Rice	Tortilla Re-fried	English Muffins
Meat/ Meat Alt.	Beef	Turkey/Cheese	Ham/Cheese	Beans/Cheese	Chicken/Cheese
Fruit/Veggie #1	Green Beans	Corn	Peas	Mixed Veggies	Celery/Carrots
Fruit/Veggie #2	Peaches	Bananas	Pineapple	Applesauce	Pears
Milk	Milk HM	Milk HM	Milk HM	Milk HM	Milk HM
<b>December 17-21</b>	Meatloaf	Turkey & Gravy	Bologna Sandwich	Cheese Melts	Beanie Weenies
Grain/ Bread	Crackers	Wheat Bread	Wheat Bread	English Muffins	Saltines
Meat/ Meat Alt.	Beef Tomato	Turkey	Bologna/Cheese	Cheese	Hot Dogs/Beans
Fruit/Veggie #1	sauce/peas	Mashed Potatoes	Green Beans	Carrot Sticks	cucumbers
Fruit/Veggie #2	Peaches	Fruit cocktail	Apple Slices	Fruit Cocktail	Peaches
Milk	Milk HM	Milk HM	Milk HM	Milk HM	Milk HM
<b>December 24-28</b>	Ham Sandwich		Chicken Noodle Soup	Spaghetti	Cheeseburger Mac
Grain/ Bread	Whole wheat bread		Egg Noodles	Spaghetti Noodles	Macaroni
Meat/ Meat Alt.	Ham slices		Chicken	Beef	Beef/Cheese
Fruit/Veggie #1	Carrot slices		Celery & Carrots	Green beans	Mixed Veggies
Fruit/Veggie #2	Apple slices		Peaches	Pears	Pineapple
Milk			Milk HM	Milk HM	Milk HM
<b>December 31- Jan 4</b>	Enchiladas		Burritos	Turkey Sandwich	Tomato Soup & Grilled Cheese
Grain/Bread	Tortilla		Tortilla Re-fried	Wheat Bread	Wheat bread
Meat/ Meat Alt.	Chicken/Cheese Re-fried		Beans/Cheese	Turkey/Cheese	Cheese
Fruit/Veggie #1	Beans/Corn		Mixed Veggies	Corn	Tomato soup
Fruit/Veggie #2	Apple Slices		Peaches	Fruit Cocktail	peaches
Milk	Milk HM		Milk HM	Milk HM	Milk HM

Water is offered with all meals All juices are 100% fruit juice Mixed Veggies are peas, corn, carrots, green beans & lima beans  
Fruit Cocktail consists of cherries, pears, peaches and grapes Stir-Fry consists of corn, broccoli, green beans, water chestnuts, carrot  
bell pepper & mushrooms