



December 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
For the health and safety of our participants, please do not bring in or share any outside food or drink. Store prepared items may be approved for special occasions.					1 Teriyaki Chicken Chicken, brown rice, onion, peppers, carrots, mandarin oranges, 1% milk	2
3	4 Harissa Chicken & Potato Soup Chicken, potatoes, Carrots, celery, wg roll, oranges, 1% milk	5 Ham & Potato Casserole Ham, potatoes, onions, cheese, carrots, pears, wg roll, 1% milk	6 Chili Ground turkey, pinto beans, onions, peppers, corn bread, applesauce, 1% milk	7 Beef Stew Beef, potatoes, carrots, onions, wg roll, mixed fruit, 1% milk 	8 Meatloaf Ground beef, red potatoes, green beans, wg roll 1% milk	9
10	11 Chicken Cordon Bleu Casserole Chicken, wg pasta, ham, swiss cheese, peas, carrots, 1% milk	12 Black Beans and Rice Beans, brown rice, carrots, celery, onions, orange slices, 1% milk	13 Chicken Pesto Gnocchi Chicken, wg gnocchi, spinach, parmesan, mixed fruit, 1% milk	14 Chicken Broccoli Alfredo Chicken, wg noodles, broccoli, garlic bread, peaches, 1% milk	15 Tuna Melts Tuna, ww bread, celery, onions, pickles, cheese, chips, applesauce, 1% milk	Meal Pattern Minimum Quantities Fluid 1% milk 8 oz. Meat or Meat Alternative 2 oz. mm Vegetables 1/2 cup Fruits 1/2 cup
17	18 Loaded Baked Potato Soup Potatoes, kale, bacon, turkey, onions, peas, carrots, cheddar, wg roll pears, 1% milk	19 Pinto Bean Casserole Pinto beans, cheese, onions, peppers, tomatoes, wg tortillas, pears, 1% milk	20 Beef Stew Beef, potatoes, carrots, onions, wg roll, applesauce 1% milk	21 Pork Loin Pork, apples, onions, garlic potatoes, green beans, wg roll, pears, 1% milks	22 Spiral Ham Ham, roasted potatoes, carrots, wg roll, peaches, 1% milk 	
	25 	26 	27 	28 	29 	