






Mon	Tue	Wed	Thu	Fri
1 Boneless Chicken Wings Corn, Cauliflower, Peaches WW Bread, 2% milk	2 Tomato Soup, Ham & Cheese Sandwich, ³ Bean Salad, fruit cocktail, 2% milk	3 BBQ Pork Sandwich, Cole Slaw, Potato Salad, Pears, 2% Milk	4 Fish Sticks, green beans, Corns, Oranges, WW roll, Pudding 2% Milk	5 Cheeseburgers w/ Let- tuce, Tomato, onion, Pick- les, Tater rounds, Carrots, Peaches, 2% Milk
8 Potato Soup, Ham And Cheese Sandwich, Oranges, peas, 2% Milk	9 Spaghetti, Meatballs, Garden Salad, Garlic Bread, Applesauce, 2% Milk	10 Hot Dog with Chili, Cole Slaw, Onions, Baked Beans, Fruit Cocktail, 2% Milk	11 Chicken Tenders, sweet potato fries, Pears, Spinach, WW Bread, 2% milk	12 Great Northern Beans Cornbread, apples, Boiled Cabbage, Onions, 2% Milk
15 Baked Fish, Bean Salad, Carrots, Oranges, WW bread, Pud- ding, 2% Milk	16 Roasted Ham Mashed Potatoes w/ Gravy Green Beans, Apple Pie, WW Roll, 2% Milk FESTIVE MEAL	17 Chili w/ Meat and Beans, Carrots, peas, WW Roll, Pears, 2% Milk	18 Cheese Lasagna Roll Up w/Marinara, Salad w lettuce, tomato, onion, Gar- lic Breadstick, Pineapples, 2% Milk	19 Pinto Beans Cornbread, ParsleyPotatoes, Mixed Greens, Applesauce, 2% Milk
22 Smoked Sausage with Sour Kraut, Fruit Cocktail, Peas, WW Roll, 2% Milk	23 Chicken Alfredo, carrots, Broccoli, Garlic Bread, Peaches, 2% Milk	24  <i>Center Closed for the Holiday</i>	25  <i>Center closed for the Holiday</i>	 <i>Center closed for the Holiday</i>
29 Chicken Noodle Soup WW Bread/Peanut Butter, Carrots, Peas, Pears, 2% Milk	30 Taco Salad / Chips, Meat, Lettuce, Cheese, Tomatoes, Onions, corn Pineapples, 2 % Milk	31 <i>Center Closed for the Holiday</i>	All meals meet RDI regulations. Each day a bread group item, but- ter and milk will be served. Rich desserts, rice and gravies are op- tional to each participant. No salt or margarine added to vegetables and meats unless specified. All instant potatoes and breads have some salt, margarine and sugar. Please use the suggestion box to express your opinion of the daily meals. <u>The Nutrition Program reserves the right to change menus.</u>	