



## December Lunch Menu 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<sup>1</sup> Baked Fish w/ Lemon Butter Brussels Sprouts Risotto Seasonal Vegetable Applesauce Whole Wheat Roll	<sup>2</sup> Turkey Chili Brown Rice Wax Beans Mandarin Oranges Whole Wheat Roll
<sup>5</sup> Old Fashioned Meatloaf w/ Gravy Mashed Acorn Squash Seasoned Broccoli  Whole Wheat Roll (2)	<sup>6</sup> Baked Fish Piccata Rice and Mushrooms Sauted Spinach w/ Olive Oil Fruit Cocktail Whole Wheat Roll	<sup>7</sup> Chicken and Dumplings Seasonal Vegetable Warm Winter Fruit Salad  Whole Wheat Roll	<sup>8</sup> Roast Turkey w/ Gravy Herbed Bread Stuffing Brussels Sprouts Pineapple Tidbits Whole Wheat Roll	<sup>9</sup> Maple Glazed Pork Loin Butternut Squash with Pears Roasted Cauliflower  Whole Wheat Roll (2)
<sup>12</sup> Balsamic Chicken Red Potatoes Asparagus, Mushrooms & Carrots  Whole Wheat Roll (2)	<sup>13</sup> Egg, Swiss & Turkey Sausage Casserole Braised Red Cabbage Oven Fried Potatoes  Whole Wheat Roll (2)	<sup>14</sup> Creamy Salmon Alfredo Seasoned Greens Parsley Buttered Carrots  Whole Wheat Roll	<sup>15</sup> BBQ Pulled Pork Seasoned Green Beans Sweet Potato Pudding  Whole Wheat Roll (2)	<sup>16</sup> Italian Pot Roast w/ Gravy Steamed Corn Seasoned Beets Whole Wheat Roll Apricot Cinnamon Muffin
<sup>19</sup> Mac and Cheese Stewed Tomato Seasoned Broccoli  Whole Wheat Roll	<sup>20</sup> Baked Breaded Chicken Roasted Root Vegetables Seasonal Vegetable  Pumpkin Bread	<sup>21</sup> Roast Turkey w/ Gravy Mediterranean Beans Cranberry Glazed Carrots  Whole Wheat Roll	<sup>22</sup> <b>Holiday Meal</b> Stuffed Fish Florentine Herbed Israeli Couscous Green Bean Amantine Fruit Cocktail Whole Wheat Roll	<sup>23</sup> Feed More Closed
<sup>26</sup> Feed More Closed	<sup>27</sup> Pork w/ Apples and Cranberries Baked Sweet Potato California Blend Vegetables  Whole Wheat Roll (2)	<sup>28</sup> Beef, Rice and Mushroom Casserole Italian Mixed Vegetables Seasoned Beets  Whole Wheat Roll	<sup>29</sup> Baked Fish w/ Lemon Butter Brussels Sprouts Risotto Seasonal Vegetable Applesauce Whole Wheat Roll	<sup>30</sup> <b>Holiday Meal</b> Hoppin' John Stewed Tomatoes Turnip Greens  Cornbread

1% Milk Daily

Meals include non-fat dry milk, 100% fruit juice or fortified beverage packet. 1 pat Promise Spread. Menu is subject to change. Non-Discrimination Statement: In accordance with federal civil rights law and US Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies Offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.