







All rolls and pastas are whole grain unless otherwise stated. All meals served w/milk or yogurt. All juice is 100% fruit juice.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| <div>1)</div> <p>HOT: Broiled Tilapia w/Lemon White Sauce, Brown Rice Pilaf, Sauteed Red Cabbage & Onions, Mixed Vegetables, Roll, Applesauce, Milk, Tartar Sauce, Butter</p> <p>COLD: Sesame Noodles w/Chicken, Green Salad, Cold Red Cabbage, Roll, Applesauce, Milk, Butter</p> <p>VEG: Tofu w/Black Bean Sauce, Brown Rice Pilaf, Collard Greens, Mixed Vegetables, Roll, Applesauce, Milk, Butter</p> | <div>2)</div> <p>HOT: Jerk Chicken, Dirty Rice, Broccoli, Succotash, Parker House Roll, Yogurt, Juice, Butter</p> <p>COLD: Baked Salmon Salad, Hard Boiled Egg, Arcadian Blend Green Salad, Parker House Roll, Yogurt, Juice, Butter</p> <p>VEG: Jerk Lentils, Dirty Rice, Broccoli, Succotash, Parker House Roll, Yogurt, Juice, Butter</p> | <div>3)</div> <p> HOT: BBQ Pulled Pork, Baby Baked Potatoes, Cole Slaw, Sliced Carrots, Sandwich Bun, Fruit Cocktail, Milk, Butter</p> <p>COLD: Turkey Breast & Pepperjack Cheese, Sandwich Bread, Sliced Beets, Carrot Raisin Salad, Fruit Cocktail, Milk, Mustard & Mayo</p> <p>VEG: Grilled Veg & Cheese Stuffed Tomato, Baby Baked Potatoes, Cole Slaw, Sliced Carrots, Sandwich Bun, Fruit Cocktail, Milk, Butter</p> | <div>4)</div> <p>HOT: Meatloaf w/Gravy, Mashed Potatoes, Key Largo Veggies, Parker House Roll, Yogurt, Juice, Butter</p> <p>COLD: Tuna Salad Sandwich, Lettuce & Tomato, Sandwich Bun, Potato Salad, 3-Bean Salad, Yogurt, Juice, Mayo</p> <p>VEG: Vegan Meatloaf w/Gravy, Mashed Potatoes, Key Largo Veggies, Parker House Roll, Yogurt, Juice, Butter</p> | <div>5)</div> <p>HOT: Chicken Pot Pie w/Biscuit, Lima Beans, Pacific Mixed Veggies, Apple, Milk, Butter</p> <p> COLD: Bacon, Lettuce & Tomato on Sandwich Bun, Orzo Pasta Salad, Cole Slaw, Apple, Milk, Mayo & Mustard</p> <p>VEG: Vegan Chick'n Pot Pie w/Biscuit, Lima Beans, Pacific Mixed Vegetables, Apple, Milk, Butter</p> |
| <div>8)</div> <p>HOT: Shredded Pot Roast, Boiled Baby Potatoes, Green Beans, Baby Carrots, Parker House Roll, Milk, Applesauce, Butter</p> <p>COLD: Salmon Pasta Salad, Green Pea Salad, Sliced Beets, Parker House Roll, Milk, Applesauce, Butter</p> <p>VEG: Lentil and Veggie Stew, Boiled Baby Potatoes, Green Beans, Carrots, Parker House Roll, Milk, Applesauce, Butter</p> | <div>9)</div> <p>HOT: Roast Chicken Thigh, Stuffing, Italian Mixed Veggies, Marinated Broccoli, Garlic Knot Roll, Yogurt, Juice, Butter</p> <p>COLD: Egg Salad Plate, Cous Cous Salad, Green Bean Salad, Cole Slaw, Cornbread, Yogurt, Juice, Butter</p> <p>VEG: Gnocchi w/Navy Beans & Bechamel Sauce, Italian Mixed Veggies, Marinated Broccoli, Garlic Knot Roll, Yogurt, Juice, Butter</p> | <div>10)</div> <p>HOT: Fish Tacos w/Salmon & Salsa, Spanish Rice, Black Beans, Coleslaw, Tortilla, Milk, Orange, Tartar Sauce</p> <p>COLD: Chicken Salad, Spinach Salad w/Grapes and Mushrooms, Corn & Pepper Salad, Roll, Milk, Orange, Butter</p> <p>VEG: Marinated Tofu Tacos w/Salsa, Spanish Rice, Black Beans, Coleslaw, Tortilla, Milk, Orange</p> | <div>11)</div> <p>HOT: Terriyaki Beef Tips w/Peppers, Brown Rice, Stir Fry Veggie Blend, Cornbread, Yogurt, Juice, Butter</p> <p> COLD: Ham & Swiss Cheese Sandwich, Sandwich Bread, Sliced Beets, Sliced Carrots, Yogurt, Juice Mayo & Mustard</p> <p>VEG: Terriyaki Tofu, Brown Rice, Stir Fry Veggie Blend, Cornbread, Yogurt, Juice Butter</p> | <div>12)</div> <p>HOT: Italian Chicken Stew, Bow Tie Pasta w/Sauce, 4-Way Mixed Veggies, Sliced Carrots, Garlic Knot, Milk, Slice Apples, Butter</p> <p>COLD: Curry Chicken Salad on Sandwich Bun, Marinated Broccoli, Coleslaw, Milk, Sliced Apples</p> <p>VEG: Vegan Italian Chicken Stew, Bow Tie Pasta w/Sauce, 4-Way Mixed Veggies, Sliced Carrots, Garlic Know, Milk, Sliced Apples, Butter</p> |

| | | | | |
|---|---|---|---|--|
| <p>15) HOT: Lemon-Parsley Fettucine Pasta w/Grilled Chicken, Broccoli, 4-Way Mixed Veggies, Dinner Roll, Milk, Diced Peaches, Butter</p> <p>COLD: Roast Beef & Provolone on Sandwich Bun, 3-Bean Salad, Sliced Beets, Milk, Diced Peaches, Mustard & Mayo</p> <p>VEG: Lemon-Parsley Fettucine Pasta w/Vegan Grilled Chick'n, Broccoli, 4-Way Mixed Veggies, Dinner Roll, Milk, Diced Peaches, Butter</p> | <p>16) HOT: Salisbury Steak w/Gravy, Mashed Potatoes, Sliced Carrots, Green Beans, Parker House Roll, Yogurt, Juice, Butter</p> <p>COLD: Grilled Chicken Strips, Caesar Salad, Carrot-Raisin Salad, Parker House Roll, Yogurt, Juice, Butter</p> <p>VEG: Veggie, Cheese, Lentil Stuffed Pepper, Mashed Potato, Sliced Carrots, Green Beans, Parker House Roll, Yogurt, Juice, Butter</p> | <p>17) HOT: Flounder w/Lemon-Pepper Sauce, Rotini w/Butter, Sautéed Kale, Cauliflower, Dinner Roll, Milk, Diced Pears, Butter, Tartar Sauce</p> <p>COLD: Deviled Egg Salad, Cucumber Salad, Sliced Beets, Sandwich Bun, Milk, Diced Pears, Mayonnaise</p> <p>VEG: Grilled Tofu w/Gravy, Rotini w/Butter, Sautéed Kale, Cauliflower, Dinner Roll, Milk, Diced Pears, Butter</p> <p>***BIRTHDAY CUPCAKE***</p> | <p>18) HOT: Beef Stew, Baby Baked Potatoes, Green Salad, Cornbread, Yogurt, Juice, Butter</p> <p>COLD: Seafood Pasta Salad, Green Bean Salad, Corn & Pepper Salad, Dinner Roll, Yogurt, Juice, Butter</p> <p>VEG: Vegan Beef Stew, Baby Baked Potatoes, Green Salad, Corn Bread, Yogurt, Juice, Butter</p> | <p>19) HOT: Chicken Fajitas w/Peppers, Spanish Rice, Black Beans & Corn, Mexican Zucchini, Tortilla, Milk, Fruit Cocktail, Butter</p> <p>COLD: Roast Beef & American Cheese Sandwich on Roll, Cole Slaw, Marinated Broccoli, Milk, Fruit Cocktail, Mustard & Mayo</p> <p>VEG: Vegan Chick'n Fajitas w/Peppers, Spanish Rice, Black Beans & Corn, Mexican Zucchini, Tortilla, Milk, Fruit Cocktail, Butter</p> |
| <p>22) HOT: Chicken Breast w/Mushroom Gravy, Rice Pilaf, Green Peas, Sliced Carrots, Corn Bread, Milk, Cinnamon Applesauce, Butter</p> <p>COLD: Krab & Pasta Salad, 3-Bean Salad, Corn & Pepper Salad, Parker House Roll, Milk, Cinnamon Applesauce, Butter</p> <p>VEG: Vegan Chick'n Breast w/Mushroom Gravy, Rice Pilaf, Green Peas, Sliced Carrots, Corn Bread, Milk, Cinnamon Applesauce, Butter</p> | <p>23)  HOT: Honey Glazed Ham, Whipped Sweet Potato, Kale w/Garlic & Lemon, Mixed Vegetables, Corn Bread, Yogurt, Juice, Butter</p> <p>COLD: Salmon Salad w/Dill, Spinach Salad w/Grapes, Corn & Pepper Salad, Sliced Cucumbers, Corn Bread, Yogurt, Juice, Butter</p> <p>VEG: Honey Glazed Vegan Chick'n, Whipped Sweet Potato, Kale w/Garlic & Lemon, Mixed Vegetables, Corn Bread, Yogurt, Juice, Butter</p> | <p>24) HOT: Blackened Tilapia w/Lemon Dill Sauce, Brown Rice Pilaf, Greek Salad, Cheesy Cauliflower, Dinner Roll, Milk, Diced Peaches, Butter, Tartar Sauce</p> <p>COLD: Lime-Dill Rotini w/Grilled Chicken, Sliced Beets, Carrot-Raisin Salad, Dinner Roll, Milk, Diced Peaches, Butter</p> <p>VEG: Vegan Beef Tips w/Gravy, Brown Rice Pilaf, Green Salad, Mixed Veggies, Dinner Roll, Milk, Diced Peaches, Butter</p> | <p>25) CLOSED</p>  | <p>26) CLOSED</p>  |

| | | | | |
|---|--|---|---|---|
| <p>29)</p> <p>HOT: BBQ Beef Tips, Baby Baked Potatoes, Green Peas, Sliced Carrots, Corn Bread, Milk, Orange, Butter</p> <p>COLD: Chicken Salad, Sandwich Roll, Coleslaw, Corn Salad, Milk, Orange</p> <p>VEG: Vegan BBQ Beef Tips, Baby Baked Potatoes, Green Peas, Sliced Carrots, Corn Bread, Milk, Orange, Butter</p> | <p>30)</p> <p> HOT: Milk Italian Pork Sausage, Rice Pilaf, Sauteed Peppers & Onions, Corn, Hot Dog Roll, Yogurt, Juice, Mustard & Mayo</p> <p>COLD: Bow Tie Pasta Salad w/Tuna, Marinated Green Beans, Sliced Beets, Garlic Roll, Yogurt, Juice, Butter</p> <p>VEG: Vegan Italian Sausage, Rice Pilaf, Sauteed Peppers & Onions, Corn, Hot Dog Roll, Yogurt, Juice, Mustard & Mayo</p> | <p>31)</p> <p>HOT: All Beef Cheeseburger, Hamburger Bun, Baked Beans, Coleslaw, Apple, Milk, Mustard, Ketchup, Mayo</p> <p>COLD: Roast Turkey & Cheddar Cheese Sandwich on Roll, Potato Salad, Sliced Carrots, Apple, Milk, Mustard & Mayo</p> <p>VEG: Veggie Cheeseburger on Hamburger Bun, Baked Beans, Coleslaw, Milk, Apple, Mustard, Ketchup and Mayo</p> |  |  |
|---|--|---|---|---|

NUTRITION NOTE: HOLIDAY EATING by *Kelsey Fielder, MS, RDN, LD*

- Eat breakfast on Christmas morning to better control your appetite and prevent overeating during the big meal.
- Stay active by incorporating physical activity you enjoy, such as walking before and after the meal or playing sports with family.
- Practice mindful eating by savoring each bite, focusing on conversation, and listening to your body's fullness signals.
- Control portions by taking smaller servings of indulgent foods rather than avoiding them completely.