

# December

2017



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
27				29		30		1	
		<div style="border: 2px solid red; border-radius: 50%; padding: 10px; text-align: center; color: white;">                     Low-fat Milk or Juice included daily. Ask us about our "Gluten-Free" options.                 </div>						<b>Flatbread Cheese Pizza</b> with Carrot Crudites and Hummus Fresh Fruit	
4				5		6		7	
<b>Whole Wheat Spaghetti &amp; Meatsauce</b> Garlic Dinner Roll Garden Salad Fresh Fruit		<b>Seared Shredded Beef</b> w/ Sweet Plantain Puree Sautéed Kale Low-sugar Yogurt		<b>Chicken Fajitas</b> Sautéed Chicken Strips with Peppers & Onions, Spanish Rice, Cheese & Sour Cream Oatmeal Cookies		<b>BBQ Pulled Pork</b> w/ Mashed Potatoes & Steamed Broccoli Fresh Fruit		<b>Flatbread Cheese Pizza</b> with Carrot Crudites and Hummus Fresh Fruit	
11		12		13		14		15	
<b>Cheese Ravioli</b> in a Traditional Vegetable Marina Garlic Roll & Side Salad Rice Krispy Treat		<b>Chicken Quesadillas</b> with Spanish Rice Fresh Corn Medley with side of Sour Cream Vanilla Custard		<b>Ropa Vieja (shredded beef)</b> Brown Rice with beans Baked Sweet Plantains Low-Sugar Rice		<b>Grilled Chicken Chop-Chop</b> Brown Rice Lettuce, fresh tomato & curry mustard sauce Oatmeal Cookie		<b>Flatbread Cheese Pizza</b> with Carrot Crudites and Hummus Fresh Fruit	
18		19		20		21		22	
<b>Baked Ziti Pasta</b> with all natural Ground Beef, melted Cheese & Marinara Sauce with Garden Salad & Dinner Roll Fresh Fruit		<b>Soft Tacos w/all natural Ground Turkey,</b> shredded lettuce, cheese and pico de gallo Black Bean Puree Low-sugar Brownie		<b>Seared Shredded Pork</b> in Garlic-Lime Sauce with Brown Rice & Bean Stew Low-sugar Brownie		<b>Santa's Arrival</b> <i>No lunch provided</i>			

# Month

Year

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY