





December 2017 330-296-9211

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Jill Ruffle MS, RDN, LD</i></p> 				1
	4	5	6	7
<p>Meat Lasagna/Sauce-3x3 Chopped Spinach-½ cup Mixed Vegetables-½ cup Breadstick-2 oz. Manadrin Oranges 1/2 Cup Milk-8 oz.</p>	<p>BBQ Chicken-3 oz Brussel Sprouts 1/2 cup Carrots-½ cup Dinner Roll-2 oz. Pineapple Tidbits-½ cup Milk-8 oz.</p>	<p>Macaroni & Cheese-6 oz. Stewed Tomatoes 1/2 Cup Sweet Corn-½ cup Wheat Bread-1 Slice Mixed Fruit-½ cup Milk-8 oz.</p>	<p>Riblets 4 oz Au Gratin Potatoes-½ cup California Mix Veggies-½ cup Wheat Roll-2 oz. Grapes-½ cup Milk-8 oz.</p>	<p>Swedish Meatballs 3 oz Whipped Potatoes-½ cup Peas-½ cup Wheat Roll-2 oz. Diced Peaches-½ cup Milk-8 oz.</p>
11	12	13	14	15
<p>Creamed Chicken-4 oz. Biscuits-2.5" 1 each Carrots 1/2 cup Peas 1/2 cup Banana-1 Small Milk-8 oz.</p>	<p>Pork Chop-3 oz. Fluffy Potatoes-½ cup Green Peas-½ cup Wheat Bread-1 Slices Cinnamon Applesauce-½ cup Milk-8 oz.</p>	<p>Roast- Beef 3 oz Mashed .Potatoes 1/2 cup Carrots-½ cup Breadstick-2 oz. Fresh Mixed Fruit-½ cup Milk-8 oz.</p>	<p>Cabbage Roll w/ 3 oz. Beef Mashed Potatoes 1/2 cup Green Beans-½ cup Bread - 1 slice Milk-8 oz.</p>	<p>Chicken Salad 3 oz Pasta Salad 1/2 cup Broccoli Salad 1/2 cup Bun Fruit Cup 1/2 cup Milk 8 oz</p>
18	19	20	21	22
<p>Salisbury Steak 3 oz Diced Potato 1/2 cup Lima Beans-½ cup Wheat Bun-2 oz. Peach Cobbler w/ ½ cup fruit Milk -8 oz.</p>	<p>Stuffed Peppers-2 ea. Whipped Potatoes-½ cup Beets-½ cup Wheat Bread-1Slices Fruit Cup-½ cup Milk-8 oz.</p>	<p>Veg. Lasagna-3x3 Tossed Salad 1 cup Mixed Veg. 1/2 cup Apple Sauce 1/2 cup Breadstick 2 oz Milk 8 oz</p>	<p>Chicken Breast-3 oz. Mashed Potatoes-½ cup Cole Slaw-½ cup Whole Wheat Bread-1Slices Escalloped Apples-½ cup Milk-8 oz.</p>	<p>Sloppy Joe 3 Oz Diced Potato 1/2 cup Carrot 1/2 cup Fruit Cup 1/2 cup Bun Milk 8 oz</p>
25	26	27	28	29
<p>Closed - Christmas Day</p> 	<p>Veal Cutlet 3 oz Mashed Potato 1/2 cup Italian Veg. 1/2 cup Dinner Roll Fruit Cup 1/2 cup Milk 8 oz</p>	<p>Beef Stew 1 cup Wax Beans 1/2 cup Cole Slaw 1/2 cup 1 Biscuit Sliced Apples 1/2 cup Milk 8 oz</p>	<p>Sausage Gravy 1 cup Diced Potato 1/2 cup Broccoil 1/2 cup Biscuit Fruit Cup 1/2 cup Milk 8 oz</p>	<p>Chili 1 cup Diced Tomato 1/2 cup Corn Muffin 2 oz Corn 1/2 cup Fruit 1/2 cup Milk 8 oz</p>