

December Menu- Approved

2022



Mostly Whole Wheat or Whole Grain Products

**ALL MEALS
SUBJECT TO CHANGE**

Monday	Tuesday	Wednesday	Thursday	Friday		
SHADED DAYS = DELIVERY DAYS If you get 5 meals = M/T/Th If you get 3 meals = Th ONLY If you get 2 meals = M/T-ONLY	Meals can be delivered to cooler/ice pack for <i>occasional</i> appointments. To cancel a meal, call at least the day before. <i>4 missed meals with no call can result in termination.</i>	AMERICA, LET'S DO LUNCH™	1 FROZEN Black Bean Burrito w/ Salsa Verde Roasted Tomatoes Cilantro Lime Brown Rice Applesauce String Cheese	2 FROZEN Salsbery Steak w/ Mushroom Gravy Steamed Broccoli Roasted Potatoes Wheat Roll 2% Milk and Peaches		
	5 HOT BBQ Chicken w/ Bun Mac N Cheese Collard Greens Mixed Fruit 2% Milk		6 HOT Chicken Noodle Soup Roasted Broccoli Grits Raisins Wheat Roll Chocolate Milk	7 COLD Red Pepper Hummus Bean Salad Kale Salad Mixed Fruit Pita Bread 2% Milk	8 FROZEN Chicken Livers Seasoned Buttered Noodles Sweet Peas Apple/ Pear Wheat Roll Yogurt	9 FROZEN Sausage w/ Peppers & Onions Garlic Green Beans Honey-Tarragon Carrots Peaches Wheat Roll 2% Milk
	12 HOT Cheeseburger w/ Bun Baked Beans Green Beans Applesauce Yogurt		13 HOT Roasted Turkey w/ Stuffing Mashed Potatoes Green Bean Casserole Wheat Roll Cranberry Sauce & 2% Milk <i>SPECIAL HOLIDAY MEAL!</i>	14 Frozen Whiting Provencal Brussels Sprouts Mac N Cheese Wheat Roll Mixed Fruit String Cheese	15 Frozen Chicken Chow Mein Steamed Broccoli Brown Rice Wheat Roll Peaches 2% Milk	16 Cold Spiced Chickpea Wrap w/ Peanut Dressing Marinated Broccoli Salad Pesto Pasta Applesauce Chocolate Milk
19 Frozen Beef Stroganoff Green Beans Roasted Tomatoes Wheat Roll & Raisins Chocolate Milk <i>4 Meals Delivered Today</i>	20 Frozen Vegetable Curry Garlic Mashed Potatoes Seasoned Red Beans Wheat Roll Applesauce & Yogurt NO DELIVERY TODAY	21 Frozen Bell Pepper Soup Roasted Squash Sweet Peas Wheat Roll & Peaches String Cheese x2 NO DELIVERY TODAY	22 Frozen Variety Meal Wheat Roll Mixed Fruit 2% Milk NO DELIVERY TODAY	23 Closed for Holiday NO DELIVERY TODAY		
26 Closed for Holiday NO DELIVERY TODAY	27 Closed for Holiday NO DELIVERY TODAY	28 Frozen Pumpkin Chili Steamed Broccoli Cornbread Mixed Fruit 2% Milk NO DELIVERY TODAY	29 Frozen BBQ Pork Chop Brussels Sprouts Mashed Potatoes Wheat Roll Apple & Yogurt <i>3 Meals Delivered Today</i>	30 FROZEN Variety Meal Wheat Roll Applesauce String Cheese x2 NO DELIVERY TODAY		
MEALS INCLUDE: 1/3 RECOMMENDED DAILY REQUIREMENTS INCLUDING DAIRY	ALL MEALS: APPROVED BY REGISTERED DIETITIAN & KITCHEN SUPERVISOR	QUESTIONS: STEFFIE DUGINSKE PROGRAM SUPERVISOR 828-356-2442	IF YOU HAVEN'T RECEIVED YOUR MEAL BY NOON CALL US!	DELIVERY DAYS: MONDAY - 1 HOT MEAL TUESDAY - 1 HOT MEAL THURSDAY - 3 MEALS = FROZEN &/OR COLD PICNIC		