

December 2018 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 *Beef Hot Dog 2 oz. W.G. Bun Mustard 1 PC O'Brien Potatoes ½ c Spinach ½ c Sliced Pears ½ c	4 * Chicken Ala King 8 oz. *Baby Lima Beans ½ c Sliced Carrots ½ c W. G. Dinner Roll 2 oz. Pineapple Chunks ½ c	5 *Stuffed Green Pepper 6 oz. Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain Rye Applesauce ½ c	6 *Turkey 3 oz. w/ Gravy 2 oz. * Stuffing 4 oz. *Sweet Potatoes ½ c Broccoli ½ c Whole Grain Wheat Sliced Peaches ½ c	7 *Meatballs 3-1oz *Spaghetti 1 c w/ Tomato Sauce Cauliflower ½ c Spinach ½ c w/ Vinegar 1 PC Tropical Fruit ½ c
10 *Rosemary Rub Roasted Pork Loin 3 oz. Green Peas ½ c Butternut Squash ½ c W.G. Dinner Roll 2 oz. Escaloped Apples ½ c	11 Beef Ravioli 8 oz. Green Beans ½ c Kernel Corn ½ c Cereal Bar 1 oz. W.G. Vanilla Wafers 1 oz. Fruit Cocktail ½ c	12 *Tomato Basil Chicken 3oz. *Spaghetti 1 c. w/ Sauce Mixed Vegetables ½ c Corn w/ Red Peppers ½ c Sliced Pears ½ c	13 *Beef Sloppy Joe 4 oz. *Seasoned Wedge Potatoes ½ c Ketchup 1 PC Green Beans ½ c Whole Grain Bun Mandarin Oranges ½ c	14 * Salisbury Steak 3 oz. W/ Gravy 2 oz. *Mashed Potatoes ½ c Baby Carrots ½ c Whole Grain Wheat W.G. Vanilla Wafers 1 oz. Banana
17 *Swedish Meatballs 3 oz. *Noodles ½ c Mixed Vegetables ½ c Red Cabbage ½ c Whole Grain Wheat Sliced Pears ½ c	18 *Breaded Fish 4 oz. Tartar Sauce 1 PC Tater Tots ½ c w/ Ketchup 1PC Spinach ½ c Whole Grain Wheat Apricots ½ c W.G. Vanilla Wafers 1 oz.	19 *Beef Meatloaf w/ Ketchup Glaze 3 oz. *Gravy 2 oz. *Mashed Potatoes ½ c Capri Blend ½ c 2 Whole Grain Wheat Pineapple Chunks ½ c	20 *Sliced Ham 3 oz. w/ Pineapple Glaze *Cheesy Potatoes ½ c Broccoli ½ c W. G. Dinner Roll 2 oz. Sliced Peaches ½ c	21 *BBQ Chicken Breast 3 oz. Green Peas ½ c *Sweet Potatoes ½ c 2 Whole Grain White Mixed Fruit ½ c
24 *Roasted Turkey Breast 3 oz. *Gravy 2 oz. *Mashed Potatoes ½ c Broccoli ½ c Green Peas ½ c Blueberry Muffin 2 oz. Mandarin Oranges ½ c	25 Merry Christmas Site Closed	26 *Beef Stew 8 oz. *Harvard Beets ½ c Mixed Vegetables ½ c Corn Muffin 2 oz. Tropical Fruit ½ c	27 *Chicken Cacciatore 3 oz. *Sauce 2 oz. w/*Brown Rice ½ c Green Peas ½ c Brussel Sprouts ½ c Whole Grain Wheat Applesauce ½ c	28 *Stuffed Cabbage 6 oz. *Sauce 2 oz. w/ Noodles ½ c Green Beans ½ c Sliced Carrots ½ c W.G. Vanilla Wafers 1 oz. Pineapple Chunks ½ c
31 *Pepper Steak ½ c *Seasoned Wedge Potatoes ½ c Ketchup 1 PC California Blend ½ c 2 Whole Grain Wheat Orange		Menu Written By: Carolynn Scott	Menu Approve By: <i>Jill Riffle MS, RDN, LD</i>	Choice of: 1% Milk or Buttermilk