












	Monday	Tuesday	Wednesday	Thursday	Friday
BOX				1	2
LUNCH	<p>Complete meal consists of at least: 2 oz. Protein, 1 cup of Vegetables, 1/2 cup of Fruit or Juice, 2 servings of Grains, and 8 oz. Milk (1/2 pint)</p> 		<p>Lemon Pepper Fish - 9033 w/ Tartar Sauce (ch b) chicken tenders ch7009 Brown Rice Scandinavian Veggies (2 servings) Wheat Bread / Margarine Pineapple Tidbits Diet: same</p>	<p>BBQ Beef - 9051 (ch b) grilled chicken brst ch7026 Peas & Onions Potato Wedges Bun Peaches Diet: same</p> 	
WEEK					
BOX	5	6	7	8	9
LUNCH	<p>Steak Hoagie w/ Gravy - 9302 (ch b) pork cutlet w/ gravy ch7034 Potato Wedges Baked Beans Hoagie Bun Fresh Orange Diet: same</p>	<p>Chicken & Potato Casserole - 9315 (ch b) roast beef & gravy ch7025 Broccoli (2 servings) Wheat Bread (2 slices) Margarine Apple Juice 100% Diet: same</p>	<p>Salisbury Steak w/Gravy - 9029 (ch b) chicken tenders ch7009 Whipped Sweet Potatoes Mixed Vegetables Wheat Bread (2 slices) Margarine Pears Diet: same</p> 	<p>Baked Chicken w/ Gravy - 9075 (ch b) roast turkey w/gravy ch7003 Herb Dressing Broccoli Cauliflower Wheat Bread / Margarine Pineapple-Orange Juice 100% Diet: same</p>	<p>Spaghetti & Meatballs - 9035 w/ Marinara & Parmesan (ch b) turkey tetrazzini ch7062 Italian Vegetables Spinach / Vinegar Fruit Cocktail Diet: same</p>
WEEK					
BOX	12	13	14	15	16
LUNCH	<p>Meatloaf w/ Gravy - 9072 (ch b) roast turkey w/ gravy ch7003 Mashed Potatoes Carrots Wheat Bread (2 slices) Margarine Orange Juice 100% Diet: same</p>	<p>Fish Sticks w/ Tartar Sauce - 9028 (ch b) macaroni & cheese ch7065 Peas Potato Wedges Wheat Bread (2 slices) Margarine Pears Diet: same</p> 	<p>Pork Cutlet w/Gravy - 9003 (ch b) chicken w/gravy ch7008 Green Beans Beets Wheat Bread (2 slices) Margarine Peaches Diet: same</p>	<p>Hamburger - 9071 (ch b) sliced deli ham ch7005 w/ Swiss American Cheese slice Potato Wedges Broccoli Bun Pineapple Tidbits Mustard / Ketchup Diet: same</p>	<p><i>Happy December Birthday!</i></p> <p>Swedish Meatballs - 9053 (ch b) chicken & gravy ch7037 Egg Noodles Broccoli Carrots Fruit Punch 100% Chocolate Chip Cookie Diet: same</p> 
WEEK					
BOX	19	20	21	22	23
LUNCH	<p>Grilled Chicken w/ BBQ Sauce - 9049 (ch b) hamburger ch7006 Green Beans Yellow Squash Bun Peaches Diet: same</p> 	<p>Italian Chicken - 9042 w/ No Salt Added Marinara Spaghetti (ch b) grilled cheese sandwich ch7063 Italian Vegetables Peas Cinnamon Applesauce Diet: same</p>	<p>CHRISTMAS CELEBRATION Cherry Glazed Ham - 9094X (ch b) chicken w cherry glaze ch7013 Whipped Sweet Potatoes Peas Dinner Roll / Margarine Fruit Cocktail Mini Chocolate Éclairs (2 ea) Diet: Sponge Cake</p> 	<p>Cinci-Style Chili - 9112 (ch b) chicken alfredo ch7067 w/ Spaghetti Kidney Beans Broccoli Grape Juice 100% Cheddar Cheese Oyster Crackers Diet: same</p>	<p>Swiss Steak - 9088 w/ Tomatoes, Peppers, Onions (ch b) cheese omelet - ch7066 Carrots O'Brien Potatoes Wheat Bread (2 slices) Margarine Pineapple Tidbits Diet: same</p>
WEEK					
BOX	26	27	28	29	30
LUNCH		<p>Country Fried Steak w/ Gravy - 9063 (ch b) grilled chicken brst ch7026 Potato Wedges Green Beans Wheat Bread (2 slices) Margarine Fruit Cocktail Diet: same</p>	<p>Chicken Alfredo over Spaghetti - 9065 (ch b) salmon croquette ch7050 Broccoli Carrots Baked Cinnamon Apples 1 Wheat Bread / Margarine (ch b only) Diet: same</p>	<p>Beef Burrito - 9113 (ch b) chicken tenders ch7009 Corn Zucchini Salsa Peaches 2 Wheat Bread / Margarine (ch b only) Diet: same</p> 	<p>Chicken and Brown Rice w/ Gravy - 9023 (ch b) beef & rice w/gravy ch7041 Broccoli Diced Carrots Wheat Bread / Margarine Pears Diet: same</p> 
WEEK					