

Menu Subject to Change

DECEMBER MENU 2023

Summit County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu Approved By: Ann Stahlheber MS, RDN, LD</p>				<p>1 BBQ Pork Riblet 3oz Seasoned Potato Wedges ½c Capri Blend Vegetables ½c WGR Wheat Slices Fresh Orange</p>
<p>4 Chicken Stew 8oz Corn w/Red Bell Peppers ½c Peas & Carrots ½c Cornbread 2oz Cinnamon Applesauce ½c</p>	<p>5 Baked Chicken Breast 4oz Gravy 2oz Butternut Squash ½c Broccoli ½c W.G. Dinner Roll 2oz Cinnamon Applesauce ½c</p>	<p>6 Chicken Alfredo 4oz W.G. Pasta ½c Mixed Vegetables ½c Broccoli ½c W.G. White Sliced Pears ½c</p>	<p>7 Beef Ravioli 8oz Green Beans ½c Corn ½c Cereal Bar 1oz Fruit Cocktail ½c Vanilla Wafer 1oz</p>	<p>8 Stuffed Cabbage w/Beef 6oz Mashed Potatoes ½c Gravy 2oz Harvard Beets ½c W.G. Dinner Roll 2oz Scalloped Apples ½c</p>
<p>11 BBQ Chicken 3oz Macaroni & Cheese ½c Spinach ½c w/Vinegar Packet Baked Beans ½c W.G. Corn Muffin 1oz Sliced Peaches ½c</p>	<p>12 Sliced Ham 3oz Cheesy Potatoes ½c Mixed Vegetables ½c W.G. Corn Muffin 2oz Fresh Grapes 1c</p>	<p>13 Stuffed Pepper 6oz Sauce 2oz Mashed Potatoes ½c Baby Lima Beans ½c W.G. Biscuit 2oz Tropical Fruit ½c</p>	<p>14 Sloppy Joe 4oz Sweet Potatoes ½c Cape Cod Blend ½c W.G. Hamburger Bun Apricots ½c</p>	<p>15 Tomato Basil Chicken 3oz W.G. Pasta ½c Sauce 2oz Broccoli ½c WGR White Slice Fresh Orange</p>
<p>18 Chicken Stir Fry 3oz Brown Rice ½c Kyoto Blend ½c Asian Blend ½c WGR White Slice Mandarin Oranges ½c</p>	<p>19 Swedish Meatballs 3-1oz Mashed Potatoes ½c Gravy 2oz Broccoli ½c WGR White Slices Apricots ½c</p>	<p>20 Breaded Chicken Breast 3oz W.G. Pasta ½c w/Tomato 2oz Capri Blend ½c Spinach ½c w/Vinegar Packet W.G. Breadstick 1oz Sliced Peaches ½c</p>	<p>21 Sweet & Sour Pork Loin 4oz Rice Pilaf ½c Sautéed Mushrooms ½c Beets ½c W.G. White Slice Fresh Orange</p>	<p>22 Roasted Turkey Breast 3oz Stuffing ½c w/Gravy 2oz Sweet Potatoes ½c Green Beans ½c W.G. Dinner Roll 2oz Cranberry Juice ½c</p>
<p>25  No Meal Delivery</p>	<p>26 Hawaiian Chicken 3oz Rice Pilaf ½c California Blend ½c Green Peas ½c W.G. Wheat Slice Tropical Fruit ½c</p>	<p>27 Breaded Fish 3oz Rice Pilaf ½c Glazed Carrots ½c Spinach ½c w/Vinegar Packet W.G. Wheat Slice Grape Juice 4oz</p>	<p>28 Turkey Tetrizzini 3oz W.G. Spaghetti ½c Mixed Vegetables ½c Cauliflower ½c WGR White Slice Banana</p>	<p>29 Chicken Cordon Bleu oz Mashed Potatoes ½c Harvard Beets ½c WGR White Slices Diced Pears ½c</p>