

December 2009

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	30 Grilled Chicken Wrap Fresh Tossed Salad Fresh Fruit Low-fat Milk Dessert	1 Italian Delight Sub Italian Potato Chips Fresh Salad Fresh Fruit Low-fat Milk	2 Maccaroni n Cheese Corn on the cob Tossed Salad Fresh Fruit Low-fat Milk	3 Hamburger w/ Lettuce, Tomato, Cheese Baked Beans Fresh Fruit Low-fat Milk	4 Assorted Pizza Carrot Sticks Fresh Fruit Low-fat Milk Dessert	5
6	7 Turkey Sub (cold) Steamed Veggies Fresh Fruit Low-Fat Milk Jell-O	8 Spaghetti w/ Meatballs Garlic Bread Seasoned Peas Fresh Fruit Low-fat Milk	9 Oven Roasted Drumsticks Rosemary Roasted Potatoes Green Salad Fresh Fruit	10 Alfredo Sauce Tortellini Carrot and Celery Sticks Fresh fruit Low-fat Milk Cake	11 Assorted Pizza Carrot Sticks Fresh Fruit Low-fat Milk Dessert	12
13	14 Turkey Wrap w/cheese, lettuce, tomato Baked Potato Wedges Fresh fruit Low-fat Milk	15 Beef n Cheese Lasagna Tossed Salad Fresh Fruit Low-fat Milk	16 Italian Delight Sub Italian Potato Chips Fresh Salad Fresh Fruit Low-fat Milk Dessert	17 Chicken Sandwich Oven Roasted Potatoes Fresh Fruit Low-fat Milk	18 Assorted Pizza Carrot Sticks Fresh Fruit Low-fat Milk Dessert	19
JANUARY WEEK 1	4 Penne with Meat Sauce Garlic Bread Tossed Salad Fresh Fruit Low-fat Milk	5 Grilled Chicken Wrap Fresh Tossed Salad Fresh Fruit Low-fat Milk Dessert	6 Hamburger w/ Lettuce, Tomato, Cheese Baked Beans Fresh Fruit Low-fat Milk	7 Maccaroni n Cheese Corn on the cob Tossed Salad Fresh Fruit Low-fat Milk	8 Assorted Pizza Carrot Sticks Fresh Fruit Low-fat Milk Dessert	

