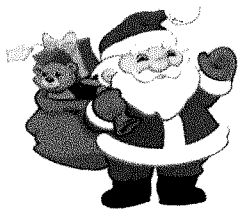
The Nutrition Group

December

Perry County

Monday	Tuesday	Wednesday	Thursday	Friday
	**1** 6oz. Sesame Orange Chicken over 1/2c Vegetable Fried Rice 1/2c Garlic Green Beans Fresh Fruit (Orange) Fresh Baked Cookie NEW ITEM	**2** 1/2c Creamy Chicken Salad Hamburger Bun 1/2c Marinated Tomato Cucumber Salad 1/2c Macaroni Salad Fresh Fruit (Apple)	**3** 3 oz. Roasted Turkey with Gravy 1/2c Garlic Mashed Potatoes 1/2c Buttered Carrots Dinner Roll Orange Juice	4 6 oz Sloppy Joe 1/2c Winter Blend Vegetables 1/2c Golden Roasted Potatoes Hamburger Bun
7 Hot Dog 1/2c Cheddar Cheese Potatoes 1/2c Seasoned Green Peas Hot Dog Bun 1 Cookie	**8** Meatloaf w/ 2oz sauce 1/2c mashed potato 1/2c seasoned green bean wheat bread cookie	**9** 3oz Sliced Turkey Breast 1oz Provolone Cheese 2 Wheat Bread Fresh Fruit Mayo Packet 1/2c Potato Salad	**10** 1c Chicken & Spaetzel Dumpling Sou 1c Garden Tossed Salad 1/2c Brown Sugar Glazed Carrots Buttery Biscuit 1/2c Mandarin Oranges NEW ITEM	**11** Grilled Chicken Cacciatore 1/2c Paremesan Garlic Broccoli 1/2c Buttered Pasta Fresh Fruit (Banana)
14 3oz BBQ Grilled Chicken Breast 1/2c Southern Collard Greens 1/2c Warm Spicked Apples w/ Oatmeal Dinner Roll	**Christmas Dinner** **15** 3oz Tender Roast Beef w/ 2oz Pan Gravy 1/2c Mashed Potatoes 1/2c Winter Blend Vegetables Dinner Roll Holiday Cake	**16** 3oz Chipped Ham & Cheese Sandwich 1/2c Homestyle Coleslaw 1/2c Apple Slices Cookie 1 Hamburger Bun	**17** (4) Meatball Parmesan 1/2c buttered parsley penne 1/2c seasoned broccoli 1/2c pineapple tidbits	**18** 4oz Chicken Philly Hoagie 1c Cream of Potato Soup 1c Garden Tossed Salad Hot Dog Bun
21 3oz Baked Meatloaf w/ 2oz Carmelized Onion Gravy 1/2c Garlic Mashed Potatoes 1/2c Seasoned Green Peas Wheat Bread 1 Orange	**22** Creamy Tuna Salad Sandwich (3oz Tuna, 1oz Mayo) 1/2c Crispy Broccoli Salad 1/2c Pickeled Beet Salad 2 White Bread Seasonal Fresh Fruit	**23** Crispy Pollock Filet 1/2c macaroni & cheese 1/2c stewed tomatoes Fresh Orange Hamburger Bun tartar sauce	**24** **Closed** Christmas Eve	**Christmas Day!** **25** 
28 Sweet Italian Sausage Sandwich 1/2c Onions & Peppers Medley 1/2c Buttered Carrots 1/2c Mixed Fruit Medley Hot Dog Bun	**29** 3 oz slow roasted pork loin 2oz cranberry orange sauce 1/2c steamed brown rice 1/2c brussel sprout 1 banana	**30** creamy egg salad sandwich w/lettuce & tomato 1/2c pickeled beet salad 1 hamburger bun fresh orange cookie	**31** Southwest Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips (8pc) 1/2c Seasoned Sweet Corn 1/2c Mandarin Oranges	 *Happy Holidays from The Nutrition Group!!*

