

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>(5) POTATO HAM CHOWDER (24) Mixed Vegetables (10) Whole Wheat Dinner Roll (14) Mixed Fruit Cup (13) Chocolate Chip Cookie (26)</p>	<p>(6) CHINESE BEEF (12) OVER BROWN RICE (16) Broccoli Florets (4) Whole Wheat Bread (10) Orange (21)</p>	<p>(7) AL DENTE SPAGHETTI (20) WITH ITALIAN SAUCE (9) Sliced Carrots (7) Tossed Salad & Dressing (2) Garlic Bread (12) Apple Slices (16) w/Caramel Dip (18)</p>	<p>(8) HONEY MUSTARD ROAST CHICKEN (14) Oven-Baked Potato (28) California Blend Vegetables (5) Whole Wheat Bread (10) Apple Dump Cake (47)</p>	<p>(9) TOMATO RICE SOUP (15) Cheese Soldiers (13) Garden Green Peas (11) Three-Bean Salad (18) Oatmeal Raisin Cookie (27)</p>
<p>(12) SAVORY BEEF STEW w/VEGETABLES (13) Biscuit (23) Red Beets (11) Fruit Cocktail (16)</p>	<p>(13) CHICKEN BREAST w/TARRAGON GRAVY (4) OVER BROWN RICE (16) Colorful Peas & Carrots (8) Whole Wheat Bread (10) Snickerdoodle (29)</p>	<p>(14) TENDER BEEF TIPS (8) OVER EGG NOODLES (13) Parmesan Brussels Sprouts (9) Whole Wheat Bread (10) Stewed Apples (31)</p>	<p>(15) <u>CHRISTMAS DINNER</u> HAM (2) Scalloped Potatoes (20) Sautéed Bacon and Beans (4) Dinner Roll (23) Cranberry Salad (28) Coconut Cream Pie (48)</p>	<p>(16) SPANISH RICE WITH MEAT (20) Mexican Corn (31) Multigrain Dinner Roll (24) Apricots (15)</p>
<p>(19) PATTY MELT ON A (5) WHOLE WHEAT BUN (25) Down-Home Fries (15) Green and Yellow Beans (5) Peanut Butter Cookie (13)</p>	<p>(20) BAKED TURKEY (3) Mashed Potatoes (18) w/Chicken Gravy (2) Squash (10) Whole Wheat Bread (10) Fresh Pear (23)</p>	<p>(21) TANGY BBQ PORK CHOPS (19) Buttered Noodles (13) Cauliflower & Peas (7) Whole Wheat Bread (10) Lime Pear Jell-O (25)</p>	<p>(22) CHICKEN PARMESAN (6) w/SAUCE OVER AL DENTE SPAGHETTI (20) Italian Blend Vegetables (6) Mini Breadstick (13) Tropical Fruit Salad (21)</p>	<p>(23) CHRISTMAS HOLIDAY ALL OFFICES & MEAL SITES WILL BE CLOSED</p>
<p>(26) CHRISTMAS HOLIDAY ALL OFFICES & MEAL SITES WILL BE CLOSED</p>	<p>(27) SLOW-COOKED BEEF POT ROAST (2) Mashed Potatoes (18) with Beef Gravy (2) Stewed Tomatoes (15) Whole Wheat Bread (10) Chocolate Mousse (26)</p>	<p>(28) SWEDISH MEATBALLS (20) Red-Skinned Potatoes (23) Buttered Cabbage (4) Whole Wheat Bread (10) Bite-Sized Peaches (12)</p>	<p>(29) PHILLY BEEF SANDWICH (2) ON WHOLE WHEAT BUN (19) Sautéed Green Peppers & Onions (6) Oven-Baked Potato (28) Creamy Cucumbers (7) Ginger Pear Cake (40)</p>	<p>(30) NEW YEAR'S DAY HOLIDAY ALL OFFICES & MEAL SITES WILL BE CLOSED</p>

All Meals at the Dining Centers served with Fat-Free Milk (13)
 (Number next to the menu item indicates grams of carbohydrate.)

SALAD/SANDWICH MENU

DECEMBER 2016

SALAD CHOICE FOR THE WEEK	SANDWICH CHOICE FOR THE WEEK
<p>(WEEK OF 12-5 THRU 12-9-16) <u>SWEET & SOUR CHICKEN SALAD</u> White-Meat Chicken Toasted Sesame Seeds Almonds Chinese Noodles Sweet & Sour Dressing Multi-Grain Dinner Roll</p>	<p><u>TURKEY/HAM & SWISS SANDWICH</u> Turkey Ham Swiss Cheese Rye Bread Cucumbers Carrots Honey-Mustard Dressing</p>
<p>(WEEK OF 12-12 THRU 12-16-16) <u>SPINACH SALAD</u> Baked Chicken Egg Mandarin Oranges Toasted Almonds Crushed Croutons Bacon Ranch Dressing Multi-Grain Dinner Roll</p>	<p><u>CREAMY EGG SALAD SANDWICH</u> Whole Wheat Bread Carrots Cucumber Slices</p>
<p>(WEEK OF 12-19 THRU 12-23-16) <u>CHEF SALAD</u> Turkey Ham Cheddar Cheese Egg Cucumber Croutons Buttermilk Dressing Multi-Grain Dinner Roll</p>	<p><u>GRILLED CHICKEN SANDWICH</u> Grilled Chicken Breast Swiss Cheese Onion Specialty Bun</p>
<p>(WEEK OF 12-26 THRU 12-30-16) <u>TACO SALAD</u> Seasoned Beef Corn Black Beans Crushed Taco Chips Salsa/Ranch Dressing</p>	<p><u>TURKEY PITA</u> Turkey Swiss Cheese Mayonnaise Pita Bread</p>

All Salads and Sandwiches served with
 Dessert and/or Fruit of the Day and Fat-Free Milk