

# DECEMBER

| <b>Menu is subject to change</b>   |  | Tuesday December 3   | Wednesday December 4   | Thursday December 5   | Friday December 6   |
|--|--|--|--|---|---|
| Monday December 2  | Monday December 9  | Tuesday December 10  | Wednesday December 11  | Thursday December 12  | Friday December 13  |
| <p>Chicken Salad Sandwich<br/>(4 oz. Chicken Salad, 2 Sl. Wheat Bread, 2 slices tomato, 1/2c lettuce)</p> <p>1/2c Carrots w/ 1 tsp margarine</p> <p>1/2c Broccoli w/ 1 tsp margarine</p> <p>3/4c mixed fruit</p>             | <p>Miss Olives Southwest Bean and grain Bowl</p> <p>1/2c Spinach w/ 1tsp margarine</p> <p>1/2c green beans w/ 1 tsp unsalted butter</p> <p>1c Light (SF) vanilla nonfat yogurt</p> <p>3/4c Fruit cocktail</p>              | <p>Chili Cheese Dog<br/>(1 Hot Dog, on a bun, 1oz Cheese)</p> <p>1c LS three bean salad w/ 1/2c Red kidney beans</p> <p>1c Mediterranean Blend</p> <p>3/4c mixed fruit</p>                   | <p>1 pkg Miss olives Chicken Pasta parm</p> <p>1c Island Blend Vegetables w/ 1 tsp margarine</p> <p>3/4c light (SF) nonfat vanilla yogurt</p> <p>4 wheat crackers</p> <p>1c Grapes</p> | <p>Ham and Cheese Sandwich<br/>(2oz Low Sodium Ham, 1 oz. Swiss Cheese, 8 in wheat tortilla, 1/2c Lettuce &amp; Tomato)</p> <p>1c California blend vegetables</p> <p>Banana</p> | <p>1 pkg Miss Olives Chicken Creole</p> <p>1c Italian Blend Vegetables w/ 1 tsp unsalted butter</p> <p>1/2c black eyed peas</p> <p>4 Wheat crackers</p> <p>1/2c Pineapple tidbits</p> |
| <p>Turkey and Cheese Sandwich<br/>(2oz Turkey, 1oz Swiss cheese, 1/2c Lettuce and 2 slices tomato, 8 in wheat tortilla)</p> <p>1oz sun chips</p> <p>1/2c LS Cold beets</p> <p>1/2c Brussel sprouts</p> <p>1c Fruit Salad</p> | <p>Chicken Fajitas<br/>(3oz Diced chicken, 1/2c Peppers and onions, 1 gin flour tortilla, 2 TBSP salsa)</p> <p>1/2c LS Pinto beans</p> <p>1c Zucchini and NAS diced Tomatoes w/ 1 tsp margarine</p> <p>1/2c Lite pears</p> | <p>1 pkg Miss Olives pasta Fagioli</p> <p>1c California blend vegetables</p> <p>1c Light (SF) nonfat vanilla yogurt</p> <p>Wheat roll w/ 1 tsp unsalted butter</p> <p>3/4 c Lite peaches</p> | <p>Sloppy Joe<br/>(3 oz. Beef, 1/4c Sauce, 1 Bun, 1/2c peppers and onions)</p> <p>1c Vegetable medley w/ 1 tsp unsalted butter</p> <p>1/2c SF Gelatin</p> <p>1/2c mandarin oranges</p> |   |   |