

... TO CHANGE WITHOUT NOTICE**

WAYNE COUNTY SENIOR CITIZEN NUTRITION PROGRAM
HOT

December 2013

MONDAY 2 Chicken creole thigh Brown rice California vegetables Wheat bread Tropical fruit Milk	TUESDAY 3 BBQ pork rib patty Mixed beans Potato wedges Hamburger bun Fresh fruit Milk	WEDNESDAY 4 Brunswick stew Yellow rice Green beans Biscuit Pineapple tidbits Milk	THURSDAY 5 Soft beef taco Shredded cheese Lettuce & tomato Pinto beans Orange juice Milk	FRIDAY 6 Pork w/supreme sauce Whipped potatoes Peas & carrots Corn bread Fresh fruit Milk
MONDAY 9 Chicken cacciatore Garlic & red pep penne Italian vegetables Garlic texas bread Fresh fruit Milk	TUESDAY 10 Turkey breast w/gravy Garlic whipped potatoes Peas & carrots Grape juice Wheat roll Oatmeal apple square Milk	WEDNESDAY 11 HAPPY BIRTHDAY Spaghetti w/meat sauce Broccoli Sliced carrots Texas bread Fresh fruit Birthday cake SF cookie HB only Milk	THURSDAY 12 Meat loaf Tomato gravy Country potatoes Broccoli Corn bread Fresh banana Milk	FRIDAY 13 Sloppy joe Baked beans Coleslaw Hamburger bun Apple cobbler Milk
MONDAY 16 Teriyaki meatballs Brown rice Japanese vegetables Wheat roll Glazed fruit Milk	TUESDAY 17 Honey mustard chicken Country corn Spinach Wheat bread Fresh fruit Milk	WEDNESDAY 18 Potato crusted fish Green peas Cut yams Wheat bread Tropical fruit Milk	THURSDAY 19 Christmas Pork roast Au jus gravy Whipped potatoes Asparagus Orange juice Wheat roll Apple pie Milk	FRIDAY 20 Grilled chicken Chicken gravy Country potatoes Mixed vegetables Wheat roll Fresh banana Milk
MONDAY 23 Chicken a la king Penne pasta Mixed vegetables Texas bread Pineapple tidbits Milk	TUESDAY 24	WEDNESDAY 25	THURSDAY 26 BBQ chicken thigh Baked beans Mixed greens Wheat roll Applesauce Milk	FRIDAY 27 Beef chili w/beans Southwest corn Sliced carrots Crackers Glazed fruit Milk
MONDAY 30 Chicken creole thigh Brown rice California vegetables Wheat bread Tropical fruit Milk	TUESDAY 31	WEDNESDAY	THURSDAY	FRIDAY Suggested Donation \$2.25

Christmas

**HAPPY
NEW
YEAR**