

December Hot Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 MACARONI & CHEESE 19gm SAUTEED SPINACH 3gm OATMEAL CAKE 36gm WHOLE GRAIN ROLL 35gm	2 BEEF SLOPPY JOES 5gm BAKED BEANS 21gm CHOCOLATE CAKE 28gm HAMBURGER BUN 26gm
5 MEAT LASAGNA 49gm CALIFORNIA BLEND VEGETABLES 1gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm	6 SESAME CHICKEN 27gm WHITE RICE WAX BEANS AND PEPPERS 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES 9gm	7 MEATLOAF WITH GRAVY 10gm MASHED POTATOES 17gm STEWED TOMATOES 4gm CORN PUDDING 22gm WHOLE GRAIN ROLL 35gm	8 CHICKEN POT PIE 14gm MAPLE GLAZED CARROTS 15gm APPLE CRUMB CAKE 56gm BUTTERMILK BISCUIT 21gm	9 SPAGETTI WITH MEAT SAUCE 44gm GREEN BEANS AND CARROTS 7gm PEACH CRISP 22gm WHOLE GRAIN ROLL 35gm
12 BLACKENED TILAPIA FILET 0gm SAUTEED SPINACH 3gm RICE PUDDING 18gm CORNBREAD MUFFIN 30gm	13 <small>Holiday Meal</small> HICKORY SMOKED HAM AU GRATIN POTATOES CHOCOLATE CAKE BAKE WHOLE GRAIN ROLL 35gm	14 BEEF CHILI 22gm WAX BEANS & PEPPERS 5gm BANANA BREAD PUDDING 17gm CORNBREAD MUFFIN 30gm	15 COUNTRY FRIED CHICKEN 28gm MASHED POTATOES & GRAVY 17gm SWEET CORN 15gm PEACH COBBLER 26gm WHOLE GRAIN ROLL 35gm	16 SWEET AND SOUR PORK 17gm BROWN RICE 17gm SIMMERED GREEN CABBAGE 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES 9gm
19 CORNED BEEF HASH 28gm SCRAMBLED EGGS 1gm PEACH COBBLER 26gm FRUIT MUFFIN 16gm	20 CHICKEN AND RICE CASSEROLE 42gm SAUTEED CARROTS 4gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm	21 PORK ROAST 2gm MASHED POTATOES & GRAVY 17gm CORN, PEAS, & CARROTS 6gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm	22 BBQ CHICKEN THIGH 2gm COLLARD GREENS 4gm BANANA BREAD PUDDING 17gm BUTTERMILK BISCUIT 21gm	23 <p style="text-align: center; font-size: 24pt;">Closed</p>
26 <p style="text-align: center; font-size: 24pt;">Closed</p>	27 QUICHE LORRAINE WITH BACON 4gm POTATOES O'BRIEN 12gm PEACH CRISP 22gm FRUIT MUFFIN 16gm	28 HUNGARIN GOULASH 17gm SWEET & SOUR CABBAGE 4gm WARM CINNAMON APPLES 20gm WHOLE GRAIN ROLL 35gm	29 FRENCH TOAST BAKE 27gm RUTABAGA HASH 4gm SAUSAGE LINKS 0gm FRUIT MUFFIN 16gm	30 <p style="text-align: center; font-size: 24pt;">Closed</p>



If you are not available to receive your daily meal, please call ahead of time to cancel. 269-382-0515. Kalamazoo, Ext. 300. Calhoun, Ext. 350.

