

December Cold Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 TURKEY TWIST PASTA 20GM RED FLAME GRAPES 14GM CORN BLACK BEAN SALAD 27GM WHOLE GRAIN ROLL 35GM	2 ROAST BEEF & CHEDDAR LEAF LETTUCE COTTAGE CHEESE 3gm TROPICAL FRUIT 11gm WHOLE GRAIN BUN 48gm	3 MEDITERRANEAN TURKEY SALAD 17gm PEACHES 13gm MOZZARELLA CHEESE 48gm WHOLE GRAIN ROLL 35gm	4 TUNA SALAD 12GM MIXED GREENS, EGGS, TOMATOES GARBANZO BEAN SALAD 23GM PINEAPPLE TIDBITS 12GM WHOLE WHEAT ROLL 35GM	5 CHICKEN SALAD ON LEAF LETTUCE CANTALOUPE SLICE 9GM ZUCCHINI SLAW 7GM APPLE SAUCE 11GM WHOLE WHEAT CRACKERS 35GM
8 TURKEY BOWTIE PASTA 22GM CRUSHED PINEAPPLE 12GM BLUEBERRY YOGURT 9GM WHOLE GRAIN ROLL 35GM	9 ISLAND CRAB PASTA SALAD 27gm COTTAGE CHEESE 3gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm	10 TURKEY BOWTIE PASTA SALAD 22gm CRUSHED PINEAPPLE 12gm BLUEBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm	11 SPICY CHICKEN WRAP 23gm THREE BEAN SALAD 13gm PEACHES 12gm	12 ZESTY BEEF PASTA SALAD 12GM MARINATED CUCUMBERS 2GM THREE BEAN SALAD 13GM WHOLE GRAIN ROLL 35GM
15 CHICKEN PESTO PASTA 8GM MAR. TOMATOES AND ONION 3GM FRUIT COCKTAIL 13GM WHOLE GRAIN ROLL 35GM	16 FRESH CUT VEGETABLES 5gm HERBED CREAM CHEESE 2gm HARD BOILED EGG 1gm CARROT & RAISIN SLAW 7gm WHOLE GRAIN ROLL 35gm	17 ASIAN CHICKEN SALAD 4GM CAULIFLOWER SALAD 12GM MANDARIN ORANGES 13gm CHOW MEIN NOODLES 9GM	18 TURKEY PESTO WRAP 19GM APPLESAUCE 11gm MARINATED TOMATOES 2gm	19 THAI BEEF SALAD 7gm CITRUS CABBAGE SLAW 10gm PEARS 9gm WHOLE GRAIN ROLL 35GM
22 PEPPERONI PASTA SALAD 27GM COTTAGE CHEESE 3GM APPLE SAUCE 11GM WHOLE GRAIN ROLL 35GM	23 ASIAN SEAFOOD SALAD 10GM CARROT AND RAISIN SLAW 7GM MIXED FRUIT 11GM WHOLE GRAIN ROLL 35GM	24 CLOSED	25 CLOSED	26 CHICKEN CHEDDAR SALAD 5GM PEACHES 13gm STRAWBERRY YOGURT 9gm FRUIT MUFFIN 16GM
29 HONEY CINNAMON CREAM CHEESE 8 gm RED GRAPES 13gm BROCCOLI SALAD 10gm WHOLE WHEAT BAGEL 33gm	30 TUNA ROTINI PASTA SALAD 26GM WINTERBEAN SALAD 16GM BLUEBERRY YOGURT 9GM WHOLE GRAIN ROLL 35GM	31 CLOSED	1 CLOSED	2 GRILLED CHICKEN PASTA SALAD 15gm KIDNEY BEAN SALAD 21gm MANDARIN ORANGES 12gm WHOLE GRAIN ROLL 35gm



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.

