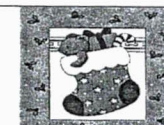




## Good For Your Health Menus

### December 3 - 9, 2018



**Fall**

**Week 1**

<b>MONDAY December 3</b>	<b>TUESDAY December 4</b>	<b>WEDNESDAY December 5</b>	<b>THURSDAY December 6</b>	<b>FRIDAY December 7</b>	<b>SATURDAY December 8</b>	<b>SUNDAY December 9</b>
Egg Muffin Fruit Cup Raisin Bran Blended Juice	Fluffy Pancake Warm Syrup Breakfast Meat Hot Oatmeal Orange Juice	Baked Denver Omelet Buttered Wheat Toast Toasted Oats Pineapple Juice	French Toast Praline Syrup Breakfast Meat Hot Oatmeal Apple Juice	Baked Vegetable Omelet Hash Browns Raisin Bran Grape Juice	Waffle with Warm Syrup Breakfast Meat Hot Farina Blended Juice	Coffee Cake Scrambled Eggs Hot Oatmeal Orange Juice
Kung Pao Pork Seasoned Brown Rice Lemony Broccoli Wheat Roll Fresh Fruit Cup	Mexican Fiesta Soup Enchilada Casserole Refried Beans Tapioca Pudding	Cheese Ravioli with Creamy Bell Pepper Marinara Herb Green Beans Wheat Roll Fruit Cup	Minestrone Soup Mama's Italian Meatballs over Pasta Garlic Bread Mandarin Oranges with Coconut	Creamy Chicken, Vegetables and a Biscuit Topper Corn with Red Peppers Fresh Green Salad Pineapple	Lentil Soup Egg Salad Sandwich Fruit Salad Peanut Butter Cookie	Savory Pumpkin Chowder Chicken Strips in Sweet Lemon Sauce Imperial Noodles Stir Fry Vegetables Double Chocolate Brownie Delight
Homestyle Meatloaf Mashed Potatoes & Gravy Dilled Carrots & Zucchini Caesar Salad Frosty Sherbet Square	Chicken with Rosemary Sauce Boiled Red Potatoes Seasoned Peas Cornbread Ice Cream	Beef Tips with Mushrooms Egg Noodles Seasoned Spinach Tossed Green Salad Dutch Apple Cake	Turkey with Herb Gravy Sweet Potatoes Seasoned Broccoli Wheat Roll Rich Cheesecake	Lemon Ginger Fish Barley Pilaf Fresh Yellow and Zucchini Squash Three Bean Salad Nilla Banana Pudding	Swiss Steak with Tomato Gravy Potato Medley Garlic Parmesan Spinach Wheat Roll Sherbet	Ham Cranberry-Pineapple Sauce Texas Ranger Baked Beans Cauliflower & Peas Wheat Roll Blushing Pears

**Milk and Beverage Offered with Every Meal; RDs for Healthcare Inc.**