



Good For Your Health Menus

Winter December 23 - 29, 2019 Week 3



MONDAY December 23	TUESDAY December 24	WEDNESDAY December 25	THURSDAY December 26	FRIDAY December 27	SATURDAY December 28	SUNDAY December 29
Pancake with Apple Topping Scrambled Egg Toasted Oats Orange Juice	Fried Egg Buttered Wheat Toast Raisin Bran Pineapple Juice	French Toast Warm Syrup Breakfast Meat Hot Oatmeal Apple Juice	Mc Muffin Sandwich Hash Brown Potatoes Corn Flakes Grape Juice	Pumpkin Bread Square Breakfast Meat Hot Oatmeal Blended Juice	Broccoli & Cheese Scramble Buttered Wheat Toast Raisin Bran Orange Juice	Southwestern Breakfast Casserole Donut Hot Oatmeal Pineapple Juice
French Onion Soup Hamburger on a Bun Country Baked Beans Cinnamon Apricots	Chinese Roasted Chicken Fried Rice Stir Fry Vegetables Mandarin Asian Salad with Asian Sesame Dressing Citrus Cake with Pineapple Fluff Topping	Split Pea Soup Deli Meat Sandwich with Dijon Dill Mayonnaise Tomato, Onion and Pickle Garnish Fresh Fruit	Cheese Quesadilla Spanish Rice Black Beans Mixed Greens Salad with Dressing Fruit Cup	Pasta Bean Soup Tuna Salad Sandwich Cucumber Salad in Dill Sauce Fruit Ambrosia	Baked Ziti Green Beans with Onions & Red Peppers Garlic Bread Butterscotch Pears	Grilled Chicken Breast on a Bun Special Sauce Texas Fries Tossed Green Salad with Dressing Fluffy Fruit Dessert
Fish with Tarragon Cajun Country Rice Creamed Spinach Sweet Corn Salad Fruit Bavarian Cream	Italian Lasagna Broccoli with Tarragon Garlic Bread Peanut Butter Cup Pudding	Roast Beef with Gravy Twice Baked Mashed Potatoes Brussels Sprouts Caesar Salad Wheat Roll Fruit Pie Christmas Day	Beef Stew Corn Coleslaw Biscuit with Margarine Berry Cheese Bar	Oven Fried Chicken Saucy Penne Spinach with Onions Italian Green Salad Cake with Frosting	Salisbury Steak Mushroom Gravy Mashed Potatoes Seasoned Peas Carrot & Raisin Salad Sherbet	Maple Glazed Roast Pork Baked Potato Broccoli with Cheese Sauce Wheat Roll Banana Cream Pie

Milk and Beverage Offered with Every Meal; R.D.s for Healthcare, Inc.