

Monday, December 3	Tuesday, December 4	Wednesday, December 5	Thursday, December 6	Friday, December 7
Swiss Steak	Taco Salad WG Chips	Lasagna	Corndogs	Baked Chicken Bst
Mashed Potatoes	Lettuce, Cheese	Romaine & Spinach Tossed Salad/Drsg	Mac Cheese	Baked Potato/Sr. Crm
Peas & Carrots	Diced Tomatoes & Onions	Spiced Pears	Chef's Choice Vegetable	Green Bean Casserole
Pineapple	Black Bean Salas, Sour Cream	WG Garlic Butter Bread Stick	Applesauce	Chef's Choice Fruit
WG Bread/Margarine	Fresh Apple	Cookie	WG Bread/Margarine	WG Roll/Margarine
Low Fat Milk Plain and Choc	Low Fat Milk Plain and Choc	Low Fat Milk Plain and Choc	Low Fat Milk Plain and Choc	Low Fat Milk Plain and Choc
Monday, December 10	Tuesday, December 11	Wednesday, December 12	Thursday, December 13	Friday, December 14
Egg Bake	Chili	Potato Bar	Hamburgers	
w/Sausage or Ham	Romaine & Spinach Tossed Salad/Drsg	Diced Ham, Cheese, Onions	Potato Salad	Bag Lunch
Orange	Cornbread With Honey butter	Copped Broccoli & Sour Cream	Green Beans	
Muffin	WG Crackers	Pineapple	Chef's Choice Fruit	
WG Bread/Margarine	Cottage Cheese & Peaches	WG Bread/Margarine	WG Bun/Margarine	
Low Fat Milk Plain and Choc	Low Fat Milk Plain and Choc	Low Fat Milk Plain and Choc	Low Fat Milk Plain and Choc	Low Fat Milk Plain and Choc
Monday, December 17	Tuesday, December 18	Wednesday, December 19	Thursday, December 20	Friday, December 21
BBQ Baked Chicken	Minnesota Rice Hot dish	Sloppy Joe	Country Steak/Country Gray	Italian Meat Sauce
Baked Potato & Sour Cream	Carrots	Potato Salad	Mashed Potatoes	Spaghetti Noodles
Beets	Apple	Baked Beans	Green Beans	Romaine & Spinach Tossed Salad/Drsg
Chef's Choice Fruit	WG Bread/Margarine	WG Bun/Margarine	Pears	WG Garlic Bread Stick
WG Bread/Margarine		Fresh Orange	WG Bread/Margarine	Peaches
Low Fat Milk Plain and Choc	Low Fat Milk Plain and Choc	Low Fat Milk Plain and Choc	Low Fat Milk Plain and Chol	Low Fat Milk Plain and Chol
Monday, December 24	Tuesday, December 25	Wednesday, December 26	Thursday, December 27	Friday, December 28



Monday, December 31	All Meals are Subject to change			
	This Menu is Designed for Senior Nutrition,			
	Voyageurs & TrekNorth School			
	Written/ Approved by			
	Shaye Thompson			

