

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>12/1-*Mild Jerk Chicken (2oz) Roasted Squash (1/2c) Green Beans (1/4c) Jamaican Pigeon Peas & WG Brown Rice (1/2c) 1% Milk (8oz)</p>	<p>12/2-*Picadillo, Ground Beef & Olives (3oz) Plantains (1/2c) Steamed Broccoli (1/4c) WG Brown Rice (1/2c) 1% Milk (8oz)</p>	<p>12/3-*Tuna Salad Sandwich Salad, Spinach, Romaine, Tomato, Cucumber (1c) Low fat Ranch Dressing Chicken Noodle Soup (3/4c of chicken, carrots, celery) 100% WW Bread (1slice) 1% Milk (8oz)</p>
<p>12/6-BBQ Chicken (2oz) Baked Beans (1/2c) Fruit Cocktail (1/4c) Macaroni & Cheese with WG Pasta (1/2c) 1% Milk (8oz)</p>	<p>12/7-*Boulet Haitian Meatballs (2oz) In Gravy Plantains (1/2c) Pumpkin Soup with cabbage, carrots & pumpkin (Soup Joumou) (1/2c) WG Brown Rice (1/2c) 1% Milk (8oz)</p>	<p>12/8-*Spaghetti & Meat Sauce Ground Beef or Turkey (2oz) Steamed Carrots (1/2c) Salad, Spinach, Romaine, Tomato, Cucumber (1c) Low fat Ranch Dressing 1% Milk (8oz)</p>	<p>12/9-*Brown Stew Chicken Chicken (2oz) Steamed Spinach in Chicken Broth (1/2c) Season Fresh Fruit (1/4c) Jamaican Pigeon Peas & WG Brown Rice (1/2c) 1% Milk (8oz)</p>	<p>12/10-*Sliced Roast Turkey (2oz) Green Beans (1/2c) Potatoes O'Brien with onion, peppers & tomatoes (1/4c) 100% WW Soft Roll (25g) 1% Milk (8oz)</p>
<p>12/13-*Baked Sliced Turkey (2oz) Roasted Sweet Potatoes (1/2c) Coleslaw (1/4c) 100% WG Bread w/butter (1slice) 1% Milk (8oz)</p>	<p>12/14-*Tacos (2oz ground beef, shredded cheese & mild salsa) Mexican Corn w/Red Peppers (1/2c) Red Beans (1/4c) WG Soft Corn Tortilla (25g) 1% Milk (8oz)</p>	<p>12/15-*Arroz Con Pollo Chicken (2oz) Green Beans (1/2c) Seasonal Fresh Fruit (1/4c) WG Brown Rice in Entree (1/2c) 1% Milk (8oz)</p>	<p>12/16-*Chicken Leg (2oz) Roasted Yellow Squash (1/2c) Peas & Carrots(1/4c) WG Cornbread (31g) 1% Milk (8oz)</p>	<p>12/17-HOLIDAY MEAL Sliced Roast Turkey Breast (2oz) Green Beans (1/2c) Glazed Carrots (1/4c) WW Macaroni & Cheese (1/2c) Dessert: Strawberry Shortcake 1% Milk (8oz)</p>
<p>12/20-*Vegetarian Chili (1c) Corn (1/2c) Pears (1/4c) WG Brown Rice (1/2c) 1% Milk (8oz)</p>	<p>12/21-*Chicken Nuggets (2oz) Ketchup & Honey Mustard Roasted Broccoli (1/2c) Oven Baked Sweet Potato Fries (1/4c) 100% WG Bread w/Butter (1 slice) 1% Milk (8oz)</p>	<p>12/22-Turkey Cuban Sandwich (Turkey, Swiss Cheese & Pickles) Lentil Soup (1/2c) Sliced Tomato & Cucumber (1/2c) 100% WG Soft Roll (25g) Mayonnaise & Mustard 1% Milk (8oz)</p>	<p>12/23-*Spanish Chicken (2oz) with Tomatoes & Onion Plantains (1/2c) Steamed Cabbage w/Green Peppers (1/4c) Yellow (WG brown) Rice (1/2c) 1% Milk (8oz)</p>	<p>12/24-*Salisbury Steak (2oz) In Mushroom Gravy Peas & Carrots (1/2c) Seasonal Fresh Fruit (1/4c) *Macaroni & Cheese (1/2c) 1% Milk (8oz)</p>
<p>12/27-*Lemon Pepper Baked Chicken (2oz) Corn & Tomatoes (1/2c) Pineapple (1/4c) WG Soft Corn Tortilla (25g) 1% Milk (8oz)</p>	<p>12/28-*Sloppy Joe, Ground Turkey (2oz) Split Pea Soup (1/2c) Roasted Red Potatoes (1/4c) 100% WW Dinner Roll (25g) Mustard/Ketchup/Mayonnaise 1% Milk (8oz)</p>	<p>12/29-*Meatloaf with Beef (2oz) Fresh Mashed Potatoes (1/2c) Green Beans (1/4c) 100% WG Bread w/Butter (1 slice) 1% Milk (8oz)</p>	<p>12/30-Seasoned Black Beans (1c) Glazed Carrots (1/2c) Tomato, Cucumber Salad (1c) Light Ranch Dressing Yellow (WG brown) Rice (1/2c) 1% Milk (8oz)</p>	<p>12/31-Baked Ziti Pasta Beef in recipe (2oz) Green Peas (1/2c) Salad, Spinach with Carrots (1/2c) Light Vinaigrette Dressing 100% WG Pasta in entrée (1/2c) 1% Milk (8oz)</p>