



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>12/13-*Ropa Vieja (2oz) Black Beans (1/2c) Pineapple (1/4c) Brown Rice (1/2c) 1% Milk (8oz)</p>	<p>12/14-*Breaded Chicken Patty (2oz) Green Peas (1/2c) Apple Slices (1/4c) Roll (1/2c) 1% Milk (8oz)</p>	<p>12/15-*Meatloaf (2oz) Ketchup Fresh Mashed Potato (1/2c) Fruit Cocktail (1/4c) Whole Grain Bread (1/2c) 1% Milk (8oz)</p>	<p>12/16-*Spaghetti & Meat Sauce (2oz) Steamed Baby Carrots (1/2) Salad (spinach, romaine, tomato, cucumber) (1/2c) Fresh Fruit (1/4c) Macaroni (1/4c) Garlic Bread (1/2c) LF Ranch Dressing 1% Milk (8oz)</p>	<p>12/17-*Cheese Pizza (2oz) Mixed Vegetables (1/2c) Pears (1/4c) Pizza Crust (1/2c) 1% Milk (8oz)</p>
<p>12/20-*Roast Beef (2oz) Green Peas (1/2c) Pineapple (1/4c) Brown Rice(1/2c) 1% Milk (8oz)</p>	<p>12/21-*Breaded Fish (2oz) Ketchup Steamed Baby Carrots (1/2c) Salad (spinach, romaine, tomato, cucumber) (1/2c) Soft Roll (1/2c) LF Italian Dressing 1% Milk (8oz)</p>	<p>12/22-*Picadillo (2oz) Yucca (1/2c) Mixed Vegetables (1/4c) Congri (1/2c) 1% Milk (8oz)</p>	<p>12/23-*Baked Chicken (2oz) Butternut Squash (1/2c) Broccoli (1/4c) Cuban Bread (1/2c) LF Ranch Dip 1% Milk (8oz)</p>	<p>12/24-*Hamburger (2oz) Bun (2oz) Oven Fried Potatoes (1/2c) Pears (1/4c) Lettuce & Tomato 1% Milk (8oz)</p>
<p>12/27-*Chicken in Gravy/Sauce (2oz) Peas & Carrots (1/2c) Peaches (1/4c) *Macaroni & Cheese (1/2c) 1% Milk (8oz)</p>	<p>12/28-*Beef Empanada (2oz) Congri (1/2c) Plantains (1/2c) Tomato Slices (1/4c) 1% Milk (8oz)</p>	<p>12/29-*Ravioli Broccoli, Cauliflower, Carrots (1/2c) Mandarins (1/4c) WG Roll (1/2c) 1% Milk (8oz)</p>	<p>12/30-*Cuban Stew with Beef (2oz) Mixed Vegetables (1/2c) Moros (1/2c) Fresh Fruit (1/4c) 1% Milk (8oz)</p>	<p>12/31--*Chicken Nuggets (2oz) Honey Mustard Fresh Mashed Potatoes Salad (spinach, romaine, tomato, cucumber) (1/2c) Italian Dressing Soft Roll (1/2c) 1% Milk (8oz)</p>