



# DECEMBER MENU

## Centerville



**Cold Weather Bugs**

Protect yourself from the illnesses that come with the chilly changes in the weather. Eating a rainbow of fruits and vegetables can keep your body strong and better able to fight off infection. Blueberries, oranges, spinach, and broccoli are some of the best fruits and vegetables to stock up on this cool time of year.

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|---|--|---|---|--|
| 3<br>Chicken Fried Steaks or Boneless Wings<br>Hot Roll<br>Roasted Potatoes<br>Seasoned Green Beans<br>Fruit Cup        | 4<br>Cheesy Bread Sticks or Pizza<br>Italian Salad<br>Steamed Vegetables<br>Fruity Jell-O                      | 5<br>Chicken & Waffles<br>Fresh Carrots<br>Steamed Vegetables<br>Fruit Cup or BYSL                                    | 6<br>Quesadillas or Crisпитos<br>Lettuce & Tomato<br>Beans al Carbon<br>Spanish Rice<br>Homemade Salsa<br>Fruit Cup | 7<br>Burger Basket<br>Choice of Burger with Baked Fries<br>Lettuce with Pickles<br>Sliced Tomatoes<br>Fresh Fruit  |
| 10<br>Steak Fingers or Chicken Nuggets<br>Hot Roll<br>Mashed Potatoes<br>Steamed Vegetable<br>Fruit Cup                 | 11<br>Spaghetti with Meat Sauce and Garlic Toast or Pizza<br>Tossed Salad<br>Seasoned Green Beans<br>Fruit Cup | 12<br>Stuffed Baked Potato with Hot Roll or Chili Dog<br>Fresh Vegetable Dippers<br>Steamed Broccoli<br>Orange Smiles | 13<br>Nachos<br>Refried Beans<br>Spanish Rice<br>Lettuce & Tomato<br>Homemade Salsa<br>Fruit Cup                    | 14<br>Burger Basket<br>Choice of Burger with Baked Fries<br>Lettuce with Pickles<br>Sliced Tomatoes<br>Fresh Fruit |
| 17<br>Popcorn Chicken or Crispy Chicken Salad with Hot Roll<br>Mashed Potatoes<br>Seasoned Vegetables<br>Banana Sundaes | 18<br>Meatball Sub or Pizza<br>Italian Salad<br>Seasoned Corn<br>Fruit Mix                                     | 19<br>Asian Bowl<br>Steamed Vegetables<br>Glazed Carrots<br>Pineapple Chunks or BYSL                                  | 20<br>Grab N' Go <br>Sack Lunch  | 21<br>Enjoy Your Day Off!      |

# Merry Christmas!!

Every lunch also includes a choice of milk.

**Breakfast**

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

| Monday                                 | Tuesday   | Wednesday                                | Thursday                              | Friday                                 |
|--|---|--|---------------------------------------|--|
| Strawberry Pancakes or Yogurt & Muffin | Scrambled Eggs with Toast and your choice of Bacon, Sausage, or Ham | Sausage Biscuits & Gravy or Pancake Wrap | Breakfast Pizza or Chicken & Biscuits | Breakfast Sandwich or Pig in a Blanket |

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