ERIE COUNTY
STAY FIT DINING PROGRAM

Name:

DECEMBER LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
30 No lunch served.	**1** Cabbage Roll with Savory Meat Sauce Garlic Mashed Potatoes Mixed Vegetables Dinner Roll Vanilla Ice Cream Cup (807)	**2** Breaded Chicken Cutlet with Cranberry Chutney Tater Tots Peas with Pearl Onions Wheat Dinner Roll Tropical Fruit (716)	**3** Tuna Pasta Salad on a Bed of Fresh Salad Greens Club Crackers Fudge Round Cookie (765)	**4** Baked Ham with Maple Glaze Mashed Sweet Potatoes Cauliflower - Rye Bread Pineapple Tidbits Chocolate Milk (609)
7 Hearty Turkey Stew Mashed Butternut Squash Brussels Sprouts Warm Biscuit Oatmeal Cookies (728)	**8** Chicken Breast with Red Pepper Cream Sauce Garlic Mashed Potatoes Peas with Red Peppers Multigrain Bread Mandarin Oranges (612)	**9**  Christmas Party!	**10** Breaded, Boneless Pork Chop with Gravy Mashed Potatoes Green Beans - Dinner Roll Applesauce Chocolate Milk (660)	**11** Beer Battered Fish with Tartar Sauce Cheesy Broccoli & Rice Zucchini & Tomatoes Wheat Dinner Roll Pineapple Tidbits (677)
14 Beef Bourguignon Mashed Potatoes Corn Dinner Roll Fresh Orange (662)	**15** Tortellini w/ Meat Sauce & Mozzarella Broccoli Florets Fruit Punch Italian Bread Lorna Doone Cookies (730)	**16** Broccoli-stuffed Chicken Creamy Herb Gravy Vegetable Rice Pilaf Peas with Red Pepper Chef Salad with Dressing Dinner Roll Cheesecake & Choc Sauce (1063)	**17** Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun Roasted Red Potatoes Green Beans Pineapple Tidbits Chocolate Milk (625)	**18** Cheese Omelet with Creole Sauce Cheesy Diced Potatoes California Blend Vegetables Muffin Mandarin Oranges (664)
21 Roasted Turkey & Gravy Cranberry Sauce Mashed Potatoes Brussels Sprouts Dinner Roll Apple Pie (832)	**22** Chili con Carne with Cheddar Cheese Chef Salad with Dressing Carrots - Apple Juice Corn Muffin Fresh Banana (912)	**23** Breaded Chicken Cutlet Buffalo-style Sauce w/ Bun Scalloped Potatoes Normandy Blend Vegetables Pineapple Tidbits Chocolate Milk (806)	**24** Closed for Christmas Eve	**25** Merry Christmas! 
28 Chicken Vegetable Casserole Mashed Potatoes Green Beans - Warm Biscuit Diced Peaches (617)	**29** Breaded Chicken Cutlet Mushroom & Onion Gravy Scalloped Potatoes Corn - Wheat Dinner Roll Mandarin Oranges (740)	**30** Lasagna Roll Meat Sauce & Mozzarella Cauliflower Peas - Dinner Roll Italian Ice (743)	**31** No lunch served.	**1** Happy New Year!

*If you have a food allergy, please notify us.