



December 17th – 21st, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cinnamon raisin oatmeal with apples	Scrambled eggs Breakfast potatoes Toast	Ham and cheese sliders with apple butter	Cheesy grits Cinnamon apples	Scrambled eggs with veggies Toast
LUNCH	Baked burrito casserole with ground beef*, beans and vegetables Steamed carrots	Baked three cheese penne with house made marinara Green beans	Red beans and rice with andouille and vegetables Corn and peppers	Chicken* tetrazzini Vegetable medley	Chili mac with ground turkey and veggies Corn bread
AFTERNOON SNACK	Apple slices with cheese cubes	Hummus and pita	Cocoa oatmeal bites	Skinny baked cheese sticks and marinara	Sunbutter and banana tortilla

Milk is served with breakfast and lunch
and water is served with afternoon snack.

Elmwood Stock Farm *

Reed Valley Orchard **

