





**White Pine Nutrition Program
Dec-18**

Monday	Tuesday	Wednesday	Thursday	Friday
3 Peppercorn Pork Roast Wild Rice Key West Veggies Mixed Fruit	4 #2 Lemon Baked Fish Parsley Potatoes Zucchini Garden Salad WW Roll Cantaloupe	5 Beef Hot Dogs/Bun Beet Salad Potato Salad Ranch Beans Fresh Fruit	6 Lasagna Steamed Spinach Garlic Bread Fresh Orange	#7 Pasta Vegetable Salad Herb Baked Chicken Fruit WW Bread Dessert
10 Pancakes/Syrup Bacon Egg Bake with Spinach & Cheese Banana Orange Juice	11 #2 Hilly Cheese Steak Sandwich Potato Wedges Coleslaw Melon Cup	12 Taco Salad/Beans WW Shell Lettuce/Tomato/Onion Salsa/Sour Cream Steamed Baby Carrots Fruit	13 #1 Chicken Parmesan over Noodles California Blend Veggies Orange Spinach Salad Fruit Cocktail Toasted Bread Stick	#10 14 Baked Pork Chop Mashed Sweet Potatoes Green Beans Mixed Green Salad WW Roll/Banana Dessert
17 Chicken Caesar Salad Garlic Bread Fruit	18 #1 Meat Loaf Mashed Potatoes/Gravy Steamed Spinach WW Roll Fruit Cup	#19 19 Fish Tacos Frijoles Charros LS Corn Honey Dew/Cantaloupe	20 Chicken Florentine Soup Chicken Salad Sand. Lettuce/Tomato/Onion Fruit	21 #11 Beef Brisket Baked Potato Green Beans/Onions Mushrooms Baked Squash WW Roll/Fruit Birthday Cake
24 CLOSED CHRISTMAS 	25 CLOSED CHRISTMAS 	26 Chicken Tenders Baked Potato Wedges Broccoli/Cauliflower WW Bread Fruit	27 #11 Beef Stroganoff Noodles Orange Spinach Salad Baked Squash Fresh Fruit	28 #13 Chili Cornbread Mixed Green Salad Buttermilk Fruit Salad
31 CLOSED NEW YEAR'S	1 CLOSED NEW YEAR'S			



MERRY CHRISTMAS AND HAPPY NEW YEAR TO ALL OF YOU--YOU ARE ALL VERY SPECIAL

Home Bound please call before 8am if you will not be home 289-2742

2% Milk served daily

Menu Subject to Change Without Notice

Gravy served with
Mashed Potatoes