

DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Crabcakes Mashed potatoes Spinach Whole grain roll</p> <p><i>Banana cupcake</i></p>	<p>4</p> <p>Israeli quiche Bean salad Corn Pumpkin muffin</p> <p><i>Fruit smoothie</i></p>	<p>5</p> <p>Spaghetti with 3 cheeses & tomato Cottage cheese Carrot salad Zucchini Oatmeal bread</p> <p><i>Ice cream sandwich</i></p>	<p>6</p> <p>Sesame chicken with rice Sweet & sour cabbage Broccoli Mini roll</p> <p><i>Pumpkin cheesecake</i></p>	<p>7</p> <p>Pot roast with gravy on a biscuit Yellow squash Peas</p> <p><i>Peanut butter cookie</i></p>
<p>10</p> <p>Chicken and biscuits Sweet potato fries Asparagus</p> <p><i>Cream cheese brownie</i></p>	<p>11</p> <p>Clam chowder Tomato & white bean salad Brussels sprouts Whole grain roll</p> <p><i>Mud pie</i></p>	<p>12</p> <p>Beef stroganoff Coleslaw Spiced pears Whole grain roll</p> <p><i>Chocolate drop cookie</i></p>	<p>13</p> <p>Western omelet Chickpea salad Spinach Maple nut muffin</p> <p><i>Mango blueberry salad</i></p>	<p>14</p> <p>Cheese ravioli with red peppers Red bean salad Winter squash Italian bread</p> <p><i>Chocolate pudding</i></p>
<p>17</p> <p>Macaroni and cheese Black & white bean salad Spinach Mini roll</p> <p><i>Peaches 'n cream</i></p>	<p>18</p> <p>Turkey and gravy Mashed potatoes Cranberry sauce Peas and carrots Whole grain roll</p> <p><i>Mini chocolate lava cake</i></p>	<p>19</p> <p>Pizza Waybury Inn salad Green beans Mandarin oranges</p> <p><i>Swedish apple pie</i></p>	<p>20</p> <p>Baked scrod Roasted potatoes Asparagus Herb bread</p> <p><i>Vanilla ice cream</i></p>	<p>21</p> <p>Shepherd's pie Grilled Brussels sprouts Cottage cheese Oatmeal roll</p> <p><i>Holiday tree brownie</i></p>
<p>24</p> <p>Grilled cheese sandwich on oatmeal bread Cream of tomato soup and Ritz crackers Chickpea salad Yellow squash</p> <p><i>Strawberry ice cream</i></p>	<p>25</p> <p></p>	<p>26</p> <p>Salmon moutard Mashed sweet potatoes Brussels sprouts with vinaigrette Pesto roll</p> <p><i>Yellow cake</i></p>	<p>27</p> <p>Chili con carne Corn salsa Zucchini Cornbread</p> <p><i>Key lime pie</i></p>	<p>28</p> <p>Ham & cheese quiche Bean salad Steamed spinach Blueberry muffin</p> <p><i>Fruit salad</i></p>
<p>31</p> <p>Chicken w/apple stuffing Carrot salad Green beans Cornbread <i>Brownie</i></p>	<p>December 2018</p> <div style="border: 1px solid black; padding: 5px; display: inline-block; margin: 10px;"> <p>SUPPERS</p> </div>  <p><i>This institution is an equal-opportunity provider. 1% milk offered at meals and snack times.</i></p>			