



DECEMBER

2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Fried Steak w/ LS Gravy	Crusted Tilapia	Green Chili Chicken Stew	Meatloaf	Baked Four Cheese Ziti
Green Beans	Tater Tots	Fiesta Mixed Vegetables	Spinach	Zucchini
Mashed Potatoes	Broccoli	Cornbread	Mashed Potatoes	Green Beans
Banana Pudding *2% Milk Quart*	Wheat hamburger bun	Sliced Pears	Apple	Fruit Salad
Calories: 620 Carbs: 92g	Vanilla Pudding	Calories: 631 Carbs: 88	Calories: 720 Carbs: 81g	Breadstick
Fat: 14.5g Protein: 25g	Calories: 700 Carbs: 90	Fat: 28g Protein: 33g	Calories: 670 Carbs: 96g	Calories: 670 Carbs: 96g
Sodium: 1,001mg	Fat: 22g Protein: 38g Sodium: 1412mg	Fat: 18g Protein: 30g Sodium: 1094mg	Sodium: 955mg	Fat: 12g Protein: 21g Sodium: 1000mg
3-Dec	4-Dec	5-Dec	6-Dec	7-Dec
Cheeseburger Macaroni	Chicken Fajitas w/ Onions & Peppers	Chicken and Dumplings	Taco Casserole	Vegetable Lasgna
Carrots	White Rice	Fancy Cut Sweet Potatoes	Refried Beans	Tuscany Blend Vegetables
Broccoli	Steamed Corn	Roasted Brussel Sprouts	Sauteed Yellow Squash	Mashed Potatoes
Wheat Roll	Orange	Sugar Free Jello	Cornbread	Fruit Salad
Applesauce *2% Milk Quart*	Calories: 720 Carbs: 72g	Calories: 565 Carbs: 63g	Fruit Salad	Calories: 605 Carbs: 88g
Calories: 668 Carbs: 79g	Fat: 13.5 Protein: 38g	Fat: 12g Protein: 21g	Calories: 902 Carbs: 96g	Fat: 17g Protein: 37g
Fat: 12g Protein: 38g Sodium: 738mg	Sodium: 725mg	Sodium: 915mg	Fat: 24g Protein: 47g Sodium: mg	Sodium: 790mg
10-Dec	11-Dec	12-Dec	13-Dec	14-Dec
Chili	Barbecue boneless Chicken Thighs	Meatballs over White Rice	Chicken Spaghetti	Oven Fried Chicken
Black Beans	Macaroni and Cheese	Italian Vegetables	Sauteed Green Beans	California Blend Vegetables
Cornbread	Potato Salad	Tossed Salad	Garden Salad	Macaroni and Cheese
Yogurt *2% Milk Quart*	Cornbread	Dinner Roll	Garlic Breadstick Strawberry Jell-O	Fruit Salad
Calories: 660 Carbs: 76g	Pineapple Cup	Peaches	Calories: 822 Carbs: 86g	Calories: 670 Carbs: 96g
Fat: 19.5g Protein: 35g	Calories: 737 Carbs: 82g	Calories: 640 Carbs: 83g	Fat: 13g Protein 34g	Fat: 12.5g Protein: 21g
Sodium: 989mg	Fat: 18g Protein: 22g Sodium 836mg	Fat: 15g Protein: 36g	Sodium: 695mg	Sodium: 1,001mg
17-Dec	18-Dec	19-Dec	20-Dec	21-Dec
HAPPY HOLIDAYS!	HAPPY HOLIDAYS!	Garlic Herb Chicken	King Ranch Casserole	Salisbury Steak w/ LS Beef Gravy
Please use your shelf stable meal	Please use your shelf stable meal	Oven Fries	White Rice	Mashed Potatoes
		Winter Mix Vegetables	Sauteed Spinach	Steamed Carrots
		Chocolate Pudding	Tortilla	Multigrain Bread
		2% Milk Quart	Graham Crackers	Vanilla Pudding
		Calories: 725 Carbs: 64g	Calories: 747 Carbs: 72g	Calories: 693 Carbs: 79g
Fat: 12g Protein: 53g Sodium: 579mg	Fat: 21g Protein: 21g	Fat: 28g Protein: 35g Sodium: 535mg		
24-Dec	25-Dec	26-Dec	27-Dec	28-Dec
NEW YEARS EVE!		Always remember to call at least by 2:00 PM the day before to cancel a meal 972-562-6996	***IMPORTANT***	
Use your shelf stable meal			Milk quarts will be delivered once a week, try drinking one serving of the quart with lunch each day	
			Nutritional facts provided include a serving of milk	
31-Dec				

PLEASE NOTE: SIDE ITEMS MAY CHANGE WITH FRESH PRODUCE SHIPMENTS PROVIDED BY THE NORTH TEXAS FOOD BANK.