

December 2020 Lunch Menu for The Sprouts and Super Stars / Garteners



Monday	Tuesday	Wednesday	Thursday	Friday
November 30	1	2	3	4
Swedish Meatballs Rotini Pasta Carrot Mashed Cinnamon Applesauce WG Dinner Roll 2% Milk	Lemon Chicken Steamed Rice Sautéed Cabbage Banana WG Bread 2% Milk	Macaroni & Cheese Roasted Vegetables Pear WG Bread 2% Milk	Chicken Tacos Shredded Lettuce Shredded Cheddar Cheese Peas & Carrots Orange WG Soft Flour Tortilla 2% Milk	Cheese Ravioli in Marinara Sauce Tossed Salad Italian Dressing Honeydew WG Bread 2% Milk
7	8	9	10	11
Turkey & Gravy Mashed Potatoes Carrots Pear WG Dinner Roll 2% Milk	Beef Tacos Shredded Lettuce Shredded Cheddar Cheese Spanish Black Beans Banana WG Soft Flour Tortilla 2% Milk	Chicken Chop Suey Steamed Rice Broccoli Ranch Dip Hawaiian Fruit Salad WG Bread 2% Milk	Pesto Pasta w/Dice Chicken Penne Pasta Cucumber Slices Ranch Dip Apple WG Bread 2% Milk	Sloppy Joe Baked French Fries Roasted Vegetables Orange WG Bun 2% Milk
14	15	16	17	18
Chicken Tender Wrap Honey Mustard Shredded Cheddar Cheese Seasoned Diced Potatoes Peas Pear WG Soft Flour Tortilla 2% Milk	Chicken Breast & Gravy Steamed Rice Carrots Orange WG Bread 2% Milk	Beef Chili Rotini Pasta Green Beans Pine-Melon WG Corn Bread 2% Milk	Turkey A La King Steamed Rice Cucumber Slices Ranch Dip Banana WG Bread 2% Milk	Baked Mostaccioli Tossed Salad Italian Dressing Hawaiian Fruit Salad WG Bread 2% Milk
21	22	23	24	25
BBQ Meatballs Diced Potatoes Sautéed Cabbage Orange WG Dinner Roll 2% Milk	Beef Nachos Shredded Cheddar Cheese Sour Cream Spanish Brown Rice Refried Beans Banana Corn Tortilla Chips 2% Milk	Turkey & Gravy Mashed Potatoes Green Bean Casserole Cinnamon Apples WG Dinner Roll 2% Milk		
28	29	30		

Center Closed Happy Holidays