


Community Action Head Start Meals December 2012

Milk Served with all lunches

Monday	Tuesday	Wednesday	Thursday
<p>3. Chicken &amp; Dumplings w/Peas and carrots Mixed Fruit</p>	<p>4. Chili W/Meat, Beans Corn Corn Muffin Peaches</p>	<p>5. Polish Sausage w/whole grain bun Cole Slaw Cinnamon Applesauce</p>	<p>6. Pork Roast Mashed Potatoes &amp; Gravy Green Beans Pears</p>
<p>10. Chicken Tenders Broccoli Lettuce Salad w/ &amp; Dressing Apricots</p>	<p>11. Breakfast Sandwich (whole grain English muffin, egg, cheese, Canadian Bacon) Peas Mandarin Oranges</p>	<p>12. Chicken &amp; Cheese Quesadilla Corn &amp; Black Bean Salad Pineapple</p>	<p>13. Beef Stew w/ Potatoes &amp; Carrots Over a biscuit Baked Cinnamon Apples</p>
<p>17. Breakfast Casserole (Egg, Cheese, Sausage) ½ Slice of Whole Wheat Bread Hash Browns Grapefruit Sections</p>	<p>18. Ham Sweet Potatoes Green Bean Casserole Pineapple</p>	<p>19. Open Faced Roast Beef on ½ slice whole wheat bread Mashed Potatoes &amp; Gravy Mandarin Oranges</p>	<p>20. Vegetable Beef &amp; Barley Soup Whole Wheat Crackers Green Beans Mixed Fruit</p>
<p>24. Christmas Break!!!</p> 	<p>25. Christmas Break!!!</p>	<p>26. Christmas Break!!!</p>	<p>27. Christmas Break!!!</p>
<p>31. Christmas Break!!!</p>	<p>Christmas Break!!!</p>	<p>Christmas Break!!!</p>	<p>Christmas Break!!!</p>