




**December, 2019**

**SCHUYLER COUNTY OFA NUTRITION PROGRAM**

FOR RESERVATIONS CALL 535-7470 BY 9AM

<b>2 Swedish Meatball</b> Pasta Italian Green Beans Strawberry Fluff 12 grain bread	<b>3 Swiss Steak</b> Brown Rice Broccoli Melon Cup 12 Grain Bread	<b>4 Chicken Parmesan</b> Rotini Spinach Pears 12 Grain Bread	<b>5 Pizza Casserole</b> Peas & Pearl Onion Mandarin Oranges Garlic Bread	<b>6 Shepards Pie</b> Tomato& Bean Salad Peach Crisp Whole Wheat Dinner Roll
<b>9 Chicken &amp; Biscuit</b> Carrots Fruit Cocktail Apple Juice	<b>10 Sliced Turkey w/ Gravy</b> Mashed Potatoes Peas Peaches Whole Wheat Roll	<b>11 Stuffed Shells</b> Tossed Salad w/ Dressing Pear Salad Garlic Bread Fig Newton	<b>12 Meatloaf w/ Gravy</b> Baked Potato Glazed Carrots Applesauce w/ Cinnamon Whole Wheat Dinner Roll	<b>13 Roast Pork Supreme</b> Mashed Potatoes Beets Peach & Apple Salad 12 Grain Bread
<b>16 Ham &amp; Bean Casserole</b> Rice Spinach Fruit Cocktail Blueberry Muffin	<b>17 Chicken w/ Herb Gravy</b> Mashed Potato Casserole Mixed Vegetables Applesauce Whole Wheat Dinner Roll	<b>18 Holiday Meal</b> Baked Ham w/ Raisin Sauce Yams Vegetable Blend Elf Salad Whole Wheat Dinner Roll Holiday Cookie	<b>19 Parmesan Fish</b> Confetti Rice Carrots Apple Juice Corn Muffin	<b>20 Goulash</b> Green Beans Rosy Apple Relish Whole Wheat Dinner Roll
<b>23 Tuna Noodle Casserole</b> Green Beans Fresh Orange 12 Grain Bread	<b>24 Sloppy Joe on Whole Wheat Bun</b> Cauliflower Strawberries Fig Newton	25 <b>OFA CLOSED</b> <b>HAPPY HOLIDAYS</b> 	<b>26 Macaroni &amp; Cheese</b> Zucchini & Tomatoes Applesauce Whole Wheat Dinner Roll Orange Juice	<b>27 Baked Ziti</b> Italian Mixed Vegetables Blueberries Garlic Bread Pie
<b>30 Hot Roast Beef w/ Gravy</b> Baked Potato Winter Squash Tropical Fruit 12 Grain Bread	<b>31 Scalloped Potatoes &amp; Ham</b> Broccoli Mixed Berries Whole Wheat Dinner Roll	<b>NOTE: MENU SUBJECT TO CHANGE</b>	<b>ALL MEALS SERVED WITH 1% or SKIM MILK</b>	

<p><b>6 Liver and Onions</b> Red Skinned Potatoes Broccoli Cinnamon Applesauce Pumpkin Muffin</p>	<p><b>7 Lemon Baked Fish</b> Sweet Potatoes Green Beans Tropical Fruit Blueberry Muffin</p>	<p><b>1 OFA CLOSED</b>  <b>2020</b></p> <p><b>8 Macaroni &amp; Cheese</b> Beets Celery Carrot Apple Salad Strawberries w/Whip Topping 12-Grain Bread</p>	<p><b>2 Chicken and Noodles with Mushroom Sauce</b> California Blend Vegetables Apricots Cinnamon Raisin Biscuit</p> <p><b>9 Chili Con Carne</b> Tossed Green Salad w/Dressing Pears Corn Bread</p>	<p><b>3 Vegetable Lasagna</b> Italian Green Beans Fruit Cocktail Garlic Bread</p> <p><b>10 Orange Glazed Chicken</b> Brown Rice Mixed Vegetables Pineapple Tidbits Ginger Bread</p>
<p><b>13 Tuna Noodle Casserole</b> Carrots Fresh Apple Whole Wheat Roll Low Sodium V-8 Juice</p> <p><b>20 OFA Closed</b> </p>	<p><b>14 Cheese &amp; Broccoli Strata</b> Stewed Tomatoes Pears Peach &amp; Apple Salad Cranberry Muffin</p> <p><b>21 BBQ Chicken</b> Baked Beans Corn Peaches 12 Grain Bread</p>	<p><b>15 Turkey Stew</b> Peas &amp; Pearl Onions Rosey Apple Relish 12 Grain Bread</p> <p><b>22 Cheeseburger Pie</b> Mixed Vegetables Carrot Salad Pears Blueberry Muffin</p>	<p><b>16 Glazed Baked Ham</b> Parsley Potatoes Broccoli Pineapple Tidbits 12 Grain Bread</p> <p><b>23 Baked Fish w/ Dill Sauce</b> Confetti Rice Vegetable Blend Bean &amp; Spinach Salad Applesauce Whole Wheat Roll</p>	<p><b>17 Pepper Steak over Brown Rice</b> Italian Mixed Vegetables Fruit Ambrosia Whole Wheat Roll Fresh Banana</p> <p><b>24 Roast Pork w/Sauerkraut</b> Mashed Potatoes Carrot Apple Celery Salad 12 Grain Bread</p>
<p><b>27 Turkey &amp; Biscuit</b> Green Beans Winter Squash Rosey Apple Relish Banana Muffin</p>	<p><b>28 Swedish Meatballs over Brown Rice</b> Wax Beans Broccoli Salad Apricots Cinnamon Raisin Biscuit</p>	<p><b>29 Italian Sausage w/ Peppers and Onions</b> Cauliflower Peach Apple Salad Whole Wheat Sandwich Roll Apple Juice</p>	<p><b>30 Sweet &amp; Sour Chicken</b> Brown Rice Italian Green Beans Fruit Cocktail Fresh Banana Fig Newtons</p>	<p><b>31 Swiss Broccoli Pasta</b> Stewed Tomatoes Broccoli Mandarin Oranges Whole Wheat Roll</p>