




Monday	Tuesday	Wednesday	Thursday	Friday
	 Cultural Meal Day			1 Country Fried Steak w/Gravy Spinach Baked Potato w/Smart Balance Tropical Fruit Milk
4 Beef w/Broccoli & Noodles Diced Carrots Diced Pears Milk 	5 Chicken Parmesan Key West Veggies Roasted Redskin Potatoes Wheat Bread Mango Cup Milk	6 Sloppy Joe Roasted Sweet Potatoes Brussels Sprouts w/ Onion Wheat Bun Diced Pineapple Milk	7 Grilled Chicken w/Salsa & Cheese Black Beans Diced Carrots Corn Muffin Mandarin Oranges Milk	8 Almond Crusted Fish California Veggie Blend Scalloped Potatoes Diced Peaches Wheat Bread Milk
11 Oven Fried Chicken Collard Greens Whipped Sweet Potatoes Orange Juice Milk	12 Country Ham & Beans Diced Carrots Diced Beets Corn Bread Mixed Fruit Milk	13 Shrimp & Chicken Gumbo Brown Rice Creamed Spinach Tropical Fruit Cup Milk	14 Vegetarian Chili California Veggie Blend Roasted Sweet Potatoes Cornbread Tropical Fruit Milk	15 Italian Bowtie Pasta w/ Beef Broccoli w/ Red Peppers Green Beans Applesauce Milk
18 Holiday Meal! Pot Roast w/Gravy Mashed Potatoes Brussel Sprouts w/ Onion <i>Cheesecake</i> <i>Wheat Bread</i> Diced Pineapple Milk	19 Beef Over Egg Noodles Mixed Greens Diced Carrots Wheat Roll Applesauce Milk	20 Grilled Hamburger Mac & Cheese Festive Green Beans Diced Pineapple Wheat Bun Milk	21 Bagel w/ Sausage Egg & Cheese Roasted Sweet Potatoes Sliced Apples Milk	22 Sliced Turkey Over Southwest Pasta Peas Corn Pudding Milk
25 Merry Christmas! Meatloaf w/Gravy Brussels Sprouts Mashed Potatoes Wheat Bread Mandarin Oranges Milk	26 Smothered Chicken Breast White and Wild Rice Key West Veggies Wheat Bread Birthday Treat Milk	27 Indiana Style Chili Mac Mixed Veggies Applesauce Corn Bread Milk	28 Potato Pollock Peas and Corn Collard Greens Wheat Bread Tropical Fruit Milk	29 Spaghetti/Meatballs Parmesan Cheese California Veggie Blend Italian Cut Green Beans Mandarin Orange Milk

*Menus are subject to change based on product availability.

<https://cicoa.org/menu>



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Country Fried Steak 736 Calories 28 g Fat 5 g Fiber 445 mg Calcium 1004 mg Sodium 93 g Carbohydrate
4 Beef w/ Broccoli 531 Calories 10 g Fat 6 g Fiber 381 mg Calcium 601 mg Sodium 76 g Carbohydrate	5 Chicken Parmesan 523 Calories 16 g Fat 7 g Fiber 407 mg Calcium 693 mg Sodium 74 g Carbohydrate	6 Sloppy Joe 630 Calories 19 g Fat 12 g Fiber 439 mg Calcium 895 mg Sodium 92 g Carbohydrate	7 Chicken w/ Salsa & Cheese 688 Calories 16 g Fat 9 g Fiber 583 mg Calcium 839 mg Sodium 91 g Carbohydrate	8 Almond Crusted Fish 633 Calories 27 g Fat 6 g Fiber 442 mg Calcium 672 mg Sodium 62 g Carbohydrate
11 Oven Fried Chicken 799 Calories 45 g Fat 5 g Fiber 571 mg Calcium 977 mg Sodium 64 g Carbohydrate	12 Ham & Beans 687 Calories 12 g Fat 17 g Fiber 481 mg Calcium 820 mg Sodium 112 g Carbohydrate	13 Chicken & Shrimp Gumbo 485 Calories 9 g Fat 5 g Fiber 515 mg Calcium 959 mg Sodium 72 g Carbohydrate	14 Vegetarian Chili 734 Calories 19 g Fat 15 g Fiber 528 mg Calcium 743 mg Sodium 114 g Carbohydrate	15 Bowtie Pasta 539 Calories 19 g Fat 9 g Fiber 427 mg Calcium 578 mg Sodium 62 g Carbohydrate
18 Pot Roast 841 Calories 37 g Fat 8 g Fiber 443 mg Calcium 830 mg Sodium 92 g Carbohydrate	19 Beef w/ Noodles 569 Calories 19 g Fat 6 g Fiber 586 mg Calcium 674 mg Sodium 64 g Carbohydrate	20 Grilled Hamburger 697 Calories 24 g Fat 6 g Fiber 586 mg Calcium 1026 mg Sodium 86 g Carbohydrate	21 Breakfast Bagel 696 Calories 30 g Fat 9 g Fiber 594 mg Calcium 749 mg Sodium 73 g Carbohydrate	22 Southwest Pasta 581 Calories 9 g Fat 7 g Fiber 425 mg Calcium 760 mg Sodium 94 g Carbohydrate
25 Meatloaf 661 Calories 19 g Fat 8 g Fiber 422 mg Calcium 866 mg Sodium 76 g Carbohydrate	26 Smothered Chicken 623 Calories 16 g Fat 3 g Fiber 371 mg Calcium 1107 mg Sodium 81 g Carbohydrate	27 Indiana Chili Mac 679 Calories 23 g Fat 9 g Fiber 435 mg Calcium 647 mg Sodium 91 mg Carbohydrate	28 Potato Pollock 620 Calories 21 g Fat 8 g Fiber 560 mg Calcium 864 mg Sodium 81 g Carbohydrate	29 Spaghetti & Meatballs 670 Calories 22 g Fat 11 g Fiber 489 mg Calcium 434 mg Sodium 90 g Carbohydrate

*The nutrition information listed above is for the entire meal on the calendar