

Elderhaus and Mindset December 2021 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p>Color Key: <i>Purple: Breakfast</i> 8:30am-9:15am</p> <p><i>Green: Lunch</i> 12:00pm</p> <p><i>Red: Snack</i> 2:45pm</p>	<p>100% Whole Grain Servings are at Breakfast Daily.</p> <p>1% unflavored Milk served daily at breakfast and lunch</p>	<p><u>Breakfast:</u> Cold Cereal WW Toast (WGR) Mandarin Oranges Milk</p> <p><u>Lunch:</u> Bake Chicken Mac & Cheese Mandarin Oranges Broccoli; Milk</p> <p><u>Snack:</u> Crackers & Cheese</p>	<p><u>Breakfast:</u> Oatmeal WW Toast (WGR) Pineapple; Milk</p> <p><u>Lunch:</u> Broccoli Crunch Salad with Steak Pineapple Roll; Milk</p> <p><u>Snack:</u> Pasta Salad with Vegetables</p>	<p><u>Breakfast:</u> Cream of Wheat WW Toast (WGR) Applesauce; Milk</p> <p><u>Lunch:</u> Chicken Salad Sandwich 3-Bean Salad Applesauce; Milk</p> <p><u>Snack:</u> Yogurt & Crackers</p>
6	7	8	9	10
<p><u>Breakfast:</u> WW English Muffin (WGR) Tropical Fruit; Milk</p> <p><u>Lunch:</u> Mexican Beef Soup (corn, black beans) Tortilla Chips Tropical Fruit; Milk</p> <p><u>Snack:</u> Fresh Vegetables & dip</p>	<p><u>Breakfast:</u> WW Pancakes (WGR) Mandarin Oranges Milk</p> <p><u>Lunch:</u> Chicken Stir-Fry/Rice Mandarin Oranges Milk</p> <p><u>Snack:</u> Yogurt & Crackers</p>	<p><u>Breakfast:</u> Oatmeal WW Toast (WGR) Peaches; Milk</p> <p><u>Lunch:</u> Grilled Ham/Cheese Tomato Soup Peaches; Milk</p> <p><u>Snack:</u> ½ Italian Sandwich</p>	<p><u>Breakfast:</u> WW French Toast (WGR) Fruit Cocktail; Milk</p> <p><u>Lunch:</u> Tater Tot Casserole Corn Fruit Cocktail Milk</p> <p><u>Snack:</u> Cottage Cheese Fruit</p>	<p><u>Breakfast:</u> Cream of Wheat WW Toast (WGR) Pears; Milk</p> <p><u>Lunch:</u> Hamburger-bun French Fries Pears; Milk</p> <p><u>Snack:</u> Cheese Sticks Crackers</p>
13	14	15	16	17
<p><u>Breakfast:</u> Cream of Wheat WW Toast (WGR) Peaches; Milk</p> <p><u>Lunch:</u> Mac & Cheese with Hot Dogs Mixed Vegetables Peaches; Milk</p> <p><u>Snack:</u> Yogurt & Crackers</p>	<p><u>Breakfast:</u> WW French Toast (WGR) Tropical Fruit; Milk</p> <p><u>Lunch:</u> Potato Soup with Turkey & Bacon Tropical Fruit Roll; Milk</p> <p><u>Snack:</u> Cottage Cheese Fruit</p>	<p><u>Breakfast:</u> Oatmeal WW Toast (WGR) Pineapple Milk</p> <p><u>Lunch:</u> Pork Fried Rice Steamed Broccoli Pineapple; Milk</p> <p><u>Snack:</u> Baked Apples Milk</p>	<p><u>Breakfast:</u> Cold Cereal WW Toast (WGR) Applesauce; Milk</p> <p><u>Lunch:</u> Lasagna Side Salad Fruit Cocktail Garlic Bread; Milk</p> <p><u>Snack:</u> Fresh Vegetables & Dip</p>	<p><u>Breakfast:</u> WW Pancakes (WGR) Mandarin Oranges Milk</p> <p><u>Lunch:</u> Curry Chicken/ rice Broccoli Normandy Mandarin Oranges Milk</p> <p><u>Snack:</u> ½ Deli Meat Sandwich</p>
20	21	22	23	24
<p><u>Breakfast:</u> WW French Toast (WGR) Fruit Cocktail; Milk</p> <p><u>Lunch:</u> Bratwurst on a Bun Baked Beans Fruit Cocktail; Milk</p> <p><u>Snack:</u> Apple Slices Peanut Butter</p>	<p><u>Breakfast:</u> Cream of Wheat WW Toast (WGR) Pears; Milk</p> <p><u>Lunch:</u> Chicken Alfredo with Pasta Side Salad Pears; Milk</p> <p><u>Snack:</u> Fresh Vegetables Dip</p>	<p><u>Breakfast:</u> WW Pancakes (WGR) Pineapple; Milk</p> <p><u>Lunch:</u> Beef Burrito Smothered Refried Beans Pineapple; Milk</p> <p><u>Snack:</u> Baked Apples; Milk</p>	<p><u>Breakfast:</u> Oatmeal WW Toast (WGR) Applesauce; Milk</p> <p><u>Lunch:</u> Cold-Cut Sandwich Side Salad Applesauce; Milk</p> <p><u>Snack:</u> Yogurt Crackers</p>	<p>Closed 12/24/2021 thru 01/02/2022 Reopen 01/03/2022 @ 7:30 AM</p>