

# December Menu 2018

Site: Rapid City

<p><b>#7-1A</b> <span style="float: right;"><b>3</b></span></p> <p>Hamburger on a Bun 1CS Baked Potatoes w/Sour Cream 1CS Corn Tomato Slices on Lettuce Peaches 1CS</p> 	<p><b># 12E</b> <span style="float: right;"><b>4</b></span></p> <p>Swiss Steak w/Onion &amp; Tomato Mashed Potato 1CS Cooked Spinach Jello w/Topping Pear Half 1/2CS</p>	<p><b>#10-3</b> <span style="float: right;"><b>5</b></span></p> <p>Baked Chicken 1/2CS Baked Sweet Potato 1 1/2CS Harvest Beets 1CS Tomato Juice 1/2CS Apples 1CS</p> 	<p><b>#19-3</b> <span style="float: right;"><b>6</b></span></p> <p>Beef Tips &amp; Gravy Oven Baked Brown Rice 1 1/2CS Steamed Broccoli Apricots 1CS</p>	<p><b>#5-1A</b> <span style="float: right;"><b>7</b></span></p> <p>Hungarian Goulash 3CS Parsley Carrots 1/2CS Cooked Cabbage Mandarin Oranges 1CS</p>
<p><b>#3-1A</b> <span style="float: right;"><b>10</b></span></p> <p>Swedish Meatballs 1CS Parslied Potatoes 1CS Baked Squash 1CS Tossed Salad w/Tomatoes Tropical Fruit 1CS</p>	<p><b>#14 HAPPY BIRTHDAY</b> <span style="float: right;"><b>11</b></span></p> <p>Pork Roast w/Gravy Boiled Potatoes 1CS Cranberry Sauce 1CS Orange Juice 1CS Peas &amp; Carrots 1/2CS Cake 2CS</p> 	<p><b># 73</b> <span style="float: right;"><b>12</b></span></p> <p>Chicken Cacciatore 1/2CS Baked Potato 1CS Green Beans Applesauce 1CS</p>	<p><b>#16</b> <span style="float: right;"><b>13</b></span></p> <p>Chili 1 1/2CS Cinnamon Roll w/Almonds 2CS Baby Carrots 1/2 CS Lt. Yogurt 1CS Med Orange 1CS</p> 	<p><b>#79C</b> <span style="float: right;"><b>14</b></span></p> <p>Breaded Popcorn Shrimp 1 1/2CS Herb Diced Potatoes 1CS Peas 1CS Acini di Pepe Salad 1CS Peaches 1CS</p>
<p><b>#11</b> <span style="float: right;"><b>17</b></span></p> <p><u>Reservations for Christmas Meal Due</u> Mandarin Orange Chicken 1CS Parsley Potatoes 1CS Broccoli Med Banana 2CS Chocolate Pudding w/Topping 1CS</p> 	<p><b># 20-1A</b> <span style="float: right;"><b>18</b></span></p> <p>Salisbury Steak w/Gravy 1CS Baked Potatoes 1CS California Blend Vegetable Orange Juice 1CS Plums 1CS</p>	<p><b>#5</b> <span style="float: right;"><b>19</b></span></p> <p>Chunky Chicken Veg. Soup 1CS Garlic Bread 1CS LS V-8 Juice Pears 1CS</p>	<p><b>#4</b> <span style="float: right;"><b>20</b></span></p> <p>Spanish Rice w/Beef 3CS Seasoned Spinach Grape Juice 1CS Mandarin Oranges 1CS</p> 	<p><b># CHRISTMAS MEAL</b> <span style="float: right;"><b>21</b></span></p> <p>Baked Ham Baked Sweet Potato 1 1/2CS Green Bean Casserole 1CS Cranberry Crunchy Salad 1CS Christmas Cookie 1CS</p>
<p><b>#</b> <span style="float: right;"><b>24</b></span></p> <p style="color: red; font-weight: bold;">CLOSED</p> 	<p><b>#</b> <span style="float: right;"><b>25</b></span></p> <p style="color: red; font-weight: bold;">CLOSED</p>	<p><b>#</b> <span style="float: right;"><b>26</b></span></p> <p>Chef's Choice</p> 	<p><b>#7-3</b> <span style="float: right;"><b>27</b></span></p> <p>Pork Chop w/celery sauce Mashed Potatoes 1CS Carolina Beans 2CS Broccoli / LS V-8 Juice Med. Banana 2CS</p>	<p><b>#11-2</b> <span style="float: right;"><b>28</b></span></p> <p>Autumn Chicken 1CS Baked Sweet Potato 1 1/2 CS Green Beans Med Orange 1CS</p>
<p><b>#</b> <span style="float: right;"><b>31</b></span></p> <p style="color: red; font-weight: bold;">CLOSED NEW YEAR'S EVE</p> 				

\*All meals include 8 oz. 1% milk (1 CS)  
Choice of 1-2 bread / grain servings (1 – 2 CS)  
Carb Servings = (CS) (1 = 15 grams Carbohydrate)  
marked for diabetic diets  
\*\*All canned fruit is in light syrup  
\*\*Fat free dressing is served with salad

**\*\*\*MENU SUBJECT TO  
CHANGE WITHOUT NOTICE\*\*\***

**FOR RESERVATIONS OR CANCELLATION  
PLEASE CALL  
THE MEALS PROGRAM OFFICE AT 394-6002  
OR THE MAIN KITCHEN AT 343-8214  
24 HRS. IN ADVANCE  
Please leave your name, where you eat and what day**