

# St. Charles COA December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
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				Chicken/Sausage Gumbo Parslied Rice Whole Kernel Corn 100% Fruit Juice Saltine Crackers Seasonal Fruit Milk
4	5	6	7	8
Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Graham Crackers Milk Margarine	Chili Parslied Rice Mixed Vegetables 100% Fruit Juice Saltine Crackers Seasonal Fruit Milk	Oven Fried Chicken Mashed Red Potatoes Whole Kernel Corn Dinner Roll Mixed Fruit Milk Margarine	Meatloaf Brown Gravy Whipped Potatoes Green Beans Wheat Bread Devil's Food Cake Milk Margarine	Chicken Chef Salad Cucumber Tomato Salad Green Pea Salad Saltine Crackers Seasonal Fruit Milk Salad Dressing Margarine
11	12	13	14	15
Salisbury Beef Garlic Whipped Potatoes Parslied Carrots Dinner Roll Seasonal Fruit Milk Margarine	Chicken Rice Casserole Summer Vegetable Blend Green Peas w/Peppers Wheat Bread Oatmeal Creme Cookie Milk Margarine	Beef Patty Lettuce   Tomato   Pickle Baked Beans Hamburger Bun Hot Rosy Applesauce Chocolate Milk Ketchup	Pork Roast Onion Gravy Chunky Potatoes Garden Vegetable Blend Dinner Roll Marble Pudding Milk Margarine	<b>~Birthday Celebration~</b> Chicken and Sausage Jambalaya Corn O'Brien Green Beans Wheat Bread Birthday Cake Milk Margarine
18	19	20	21	22
Smoked Sausage Red Kidney Beans Steamed Rice Spring Vegetable Blend Wheat Bread Seasonal Fruit Milk Margarine	Bowtie Lasagna Whole Kernel Corn Glazed Carrots Texas Bread Seasonal Fruit Milk Margarine	Barbecue Riblet Delmonico Potatoes Green Beans Dinner Roll Mississippi Mud Pudding Milk Margarine	Smothered Chicken Steamed Rice Northern Beans 100% Fruit Juice Dinner Roll Strawberry Cake Milk Margarine	<b>~Christmas Meal~</b> Pork Chop w/Onion Gravy Whipped Potatoes Green Peas w/Onions Dinner Roll Frosted Devil's Food Cake Milk Margarine
25	26	27	28	29
<b>Closed for Holiday</b>	<b>Closed for Holiday</b>	Barbecue Chicken Lettuce   Tomato Ranch Beans Hamburger Bun Mixed Fruit Crisp Chocolate Milk	<b>~New Year's Meal~</b> Glazed Ham Black-eyed Peas Cabbage Cornbread Fudge Creme Cookie Milk Margarine	<b>Closed for Holiday</b>

*Kim Dommert RD, LD*

