




Monday	Tuesday	Wednesday	Thursday	Friday
4  WG TOASTED CHEESE SANDWICH ~~~ WG CHICKEN STRIPS AND MINI BUN ~~~ TOMATO SOUP	5  SPAGHETTI WITH GROUND BEEF MARINARA AND PARMESAN CHEESE ~~~ WG CORN DOG ~~~~~ FRESH MADE WG DINNER ROLL ~~~~~ OVEN ROASTED VEGETABLES	6  WHOLE GRAIN PIZZA ~~~ BBQ SHREDDED PORK SANDWICH ~~~ CAESAR SALAD	7  SWEET & SOUR CHICKEN OVER WHOLE GRAIN RICE ~~~~~ SLICED TURKEY, CHEESE, BACON, LETTUCE & TOMATO SANDWICH ~~~~~ CORN	<b>DAILY CHOICES:</b>  SANDWICH ~~~~~ YOGURT/BAGEL&CREAM CHEESE/SUNFLOWER SEEDS ~~~~~ VARIETY OF FRUITS AND VEGETABLES ~~~~~ VARIETY OF MILK
11  TERIYAKI CHICKEN OVER WHOLE GRAIN RICE ~~~~~ HAM & CHEESE PANINI & SMALL BAG POTATO CHIPS ~~~~~ BROCCOLI WITH CHEESE	12  TURKEY GRAVY/MASHED POTATOES/GRAVY ~~~~~ ROASTED HONEY BBQ CHICKEN ~~~~~ FRESH MADE WG DINNER ROLL ~~~~~ GREEN BEAN ~~~~~ DESSERT	13  WHOLE GRAIN PIZZA ~~~ BBQ POPCORN CHICKEN WRAP ~~~ CAESAR SALAD	14 <b>BREAKFAST FOR LUNCH</b> CHICKEN FRIED STEAK WITH POTATOES & COUNTRY GRAVY ~~~ FRENCH TOAST STICKS or PANCAKES & SAUSAGE ~~~~~ WG BISCUIT WITH STRAWBERRY JAM ~~~~~ BLUEBERRIES WITH WHIPPED TOPPING	15  

**DO YOU NEED ANY ASSISTANCE OVER THE HOLIDAY BREAK?  
IF SO PLEASE CONTACT THE FOLLOWING AGENCIES:**

Community Action Resource Center: Rent, referrals and other information: 503-769-3173  
 (Marion County) ARCHES Transitional Housing Program: 503-399-9080 (Ask for Rosa Ramirez)  
 St. Vincent DePaul: 503-364-3210  
 Salvation Army: 503-798-4873  
 Mill City Gates Community Center: 503-897-4904  
 Aumsville Food Pantry: 541-680-7018  
 Idanha/Detroit Food Pantry open Fridays 10 a.m. to 2 p.m. (397 Church St. New Idanha area)  
 Stayton Food Bank: 503-769-4088 open 9:00 a.m. to 12:00 p.m Monday through Friday

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**



**Weekly Specials:**

**MONDAY: CHEESEBURGER ON A WHOLE GRAIN BUN**  
**TUESDAY: SHREDDED BBQ CHICKEN ON A BUN**  
**WEDNESDAY: CHICKEN SANDWICH**  
**THURSDAY: HOAGIE SANDWICH**

