


Elk Mountain 307-348-7387 Please R.S.V.P. by 8:30 AM the Morning of the Meal

<p>DECEMBER 2017</p> 	<p>Happy Birthday! Sally O'Connor 3 Rolly Bowen 12 Bug Menke 17 Steve Bonner 18 Ada Kari 23 Peg Bruce 27</p>	<p>Christmas Party December 15th After lunch.</p>			<p>FRIDAY 1 Cheeseburger/bun Onion/lettuce/tom./pickle French Fries Mixed Vegetables Pineapple Tidbits Milk</p>	<p>SATURDAY 2 Elk Mt Breakfast 9:00 A.M. Potato Skillet Potato, Egg, Pepper, Onion & Kielbasa Juice</p>
<p><u>Recommended Serving Sizes</u> 3 oz. meat ½ cup of vegetables ½ cup of fruit 2 servings of bread or complex carbohydrate 1 cup of 2% milk</p>	<p>MONDAY 4 Meatloaf O'Brien Potatoes Asparagus Wheat Roll Fruit Cocktail Milk</p>	<p>TUESDAY 5 Ham & Beans Cole Slaw Cornbread Peaches Ice Cream Milk</p>	<p>WEDNESDAY 6 Chicken Fried Steak Mash. Pot./gravy Green Beans Wheat Roll Apricots Milk</p>	<p>THURSDAY 7 Crab Cakes Macaroni/cheese Wheat Bread Brussels Sprouts Mandarin Oranges Milk</p>	<p>FRIDAY 8 Chicken Enchilada Spanish Rice Zucchini Cherries Brownie Milk</p>	<p>SATURDAY 9 Town Decorating 8:30 AM</p>
	<p>MONDAY 11 Beef Stroganoff Noodles Steamed Carrots Wheat Bread Strawberries Milk</p>	<p>TUESDAY 12 Chicken A La King Biscuits Beets Pears Pudding Milk</p>	<p>WEDNESDAY 13 Chili Cheese/Onion Tossed Salad Applesauce Cinnamon Roll Milk</p>	<p>THURSDAY 14 Sweet/Sour Pork Steamed Rice Oriental Vegetable Egg Roll Purple Plums Milk</p>	<p>FRIDAY 15 Roast Beef Mash. Pot./gravy Mixed Vegetables Wheat Roll Peaches Carrot Cake Milk</p>	<p>SATURDAY 16 Elk Mt Breakfast 9:00 A.M. Pancakes Sausage Juice</p>
	<p>MONDAY 18 Beef Wellington Oven Potatoes Broccoli Wheat Bread Mandarin Oranges Milk</p>	<p>TUESDAY 19 Pork Roast Mash. Pot./gravy Spinach Wheat Roll Applesauce Milk</p>	<p>WEDNESDAY 20 Lasagna Tossed Salad Garlic Bread Citrus Fruit Cookie Milk</p>	<p>THURSDAY 21 Vegetable Soup Turkey Sandwich Lettuce, tomato, pickle Pineapple Tidbits Pumpkin Bar Milk</p>	<p>FRIDAY 22 Oven Chicken Mash. Pot./Gravy Squash Blend Wheat Roll Strawberries Milk</p>	<p>SATURDAY 23</p>
	<p>MONDAY 25 Christmas Holiday Closed</p> 	<p>TUESDAY 26 Sloppy Jo Tater Tots Peas/Carrots Apricots Milk</p>	<p>WEDNESDAY 27 Grilled Chicken Sand. Pasta Salad Green Beans Wheat Bread Cherry Crisp Milk</p>	<p>THURSDAY 28 Baked Fish Wild Rice Blend Stewed Tomatoes Wheat Roll Fruit Cup Milk</p>	<p>FRIDAY 29 Beef Stew Tossed Salad Hard Roll Fruited Jell-O Whipped Topping Milk</p>	<p>SATURDAY 30 Elk Mt Breakfast 9:00 A.M. Sausage Gravy Biscuits; Juice</p> 

