



DECEMBER



White Pine Nutrition Program 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Nov 27 # 111 Orange Chicken Rice Pilaf Deluxe Stir Fry Veg Spring Mix Salad Tropical Fruit	Nov 28 #9 Italian Sausage Link Bell Peppers & Onions WW Pasta Steamed Broccoli Garden Salad w/ Peas Banana	29-Nov Roast Beef Mashed Potatoes/Gravy Mixed Veggies WW Roll Pears	30-Nov Pizza - Combo Pepperoni, Sausage Bell Pepper, Onion Olives, Mushroom Caesar Salad Pineapple Tidbits	Dec 1st # 45 Beef Vegetable Soup Turkey Sandwich Lettuce/Tomato/Onion Crackers Mandarin Oranges Dessert
4 Chicken Gyro Potato Wedges Cucumber Salad in Sour Cream Pears	5 # 51 Sweet and Sour Pork Rice Broccoli Colorful Salad WW Bread Peaches	6 # 46 Lasagna Steam Spinach Garlic Toast Mandarin Oranges	7 Chicken Alfredo over Noodles Peas Breadstick Apple	8 # 34 Sloppy Joe on WW Bun Baked Beans Carrots Mixed Fruit Dessert
11 # 90 Lentil Soup Tuna Salad Sandwich Garden Salad w/ Sliced Tomatoes Crackers Applesauce	12 Chicken Fajitas Lettuce/Tomato Salsa / Sour Cream Spanish Rice Refried Beans Banana	13 Hot Dog On WW Bun Chips Macaroni Salad Pears	14 # 47 Chicken Tetrizzini Carrots Broccoli Salad WW Roll Mixed Fruit	15 Sliced Ham Au Gratin Potatoes Corn Garden Salad WW Roll Apple Pie
18 French Dip on WW Hoagie Potato Wedges Mixed Veggies Peaches	19 # 100 Split Pea Soup Ham / Cheese Sandwich Lettuce/Tomato/Onion Crackers Orange	20 # 117 Mambo Pork Roast Broccoli Colorful Salad Corn Bread Applesauce	21 Pizza Pepperoni Caesar Salad Pineapple Tidbits	22 Beef Roast Potatoes/Carrots Garden Salad WW Roll Pears Dessert
25 CLOSED 	26 CLOSED 	27 # 10 Baked Cod Broccoli Stuffed Potato Garden Salad w/ Peas WW Bread Mixed Fruit	28 # 179 Herb Crusted Pork Chop Baked Sweet Potatoes Mixed Veggies WW Roll Pears	29 Beef Barley Soup Turkey Sandwich Lettuce/Tomato/Onion Crackers Peach Birthday



To make or cancel RESERVATIONS: 775-289-2742

HOMEBOUND PLEASE CALL BEFORE 8AM IF YOU WILL NOT BE HOME: 775-289-2742

Congregate and Homebound - \$3.00 Suggested Registered Senior (60 and over) Donation

Under 60 Congregate \$10.00 - PLEASE PAY OFFICE STAFF DIRECTLY

2% Milk Served Daily

Menu Subject to Change Without Notice