

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Potato Crusted Fish w/ Tartar Rice Medley Broccoli Au Gratin Pumpnickel Slice Yogurt	2 Chicken Cacciatore Italian Green Beans Cream Corn Italian Slice Oatmeal Bar	3 Baked Ziti w/Meat Sauce Green Beans Cauliflower Italian Slice Orange	4 Chile con Carne Macaroni and Cheese Stewed Tomatoes Whole Wheat Dinner Roll Cookie	5 BBQ'd Chicken Thigh Cubed Sweet Potatoes California Vegetable Blend Dinner Roll Ice Cream
8 Roast Turkey w/ Gravy Stuffing Brussels Sprouts Corn Muffin Pudding Cup	9 Jambalaya Pork/Chicken Dirty Rice Peas and Carrots WW Bread Cookies	10 Baked Honey Glazed Ham Scalloped Potatoes Broccoli Florets Dinner Roll Banana	11 Chicken Scampi Brown Rice w/ Scampi Sauce Peas w/ Pearled Onions Pumpnickel Slice Fresh Apple	12 Sesame Meatballs Fried Rice Asian Vegetable Blend Whole Wheat Dinner Roll Mandarin Orange Cup
15 Hamburger w/ Lettuce, Tomato Home Fried Potatoes Baked Beans Hamburger Roll Fresh Orange	16 Beef Bourguignon Mashed Potatoes Peas Dinner Roll Yogurt	17 Macaroni and Cheese Stewed Tomatoes Mixed Vegetables Raisin Bread Slice Pudding Cup	18 Roasted Chicken Thigh Rice Pilaf Cauliflower w/ Cheese Sauce Muffin Bar Banana	19 Meat Loaf w/ EXTRA Gravy Mashed Potatoes Lima Beans Rye Slice Rice Krispie Treat
22 Pork Loin w/ Gravy Mashed Sweet Potatoes Mixed Vegetable Whole Wheat Dinner Roll Unsweetened Applesauce	23 Pot Roast w/ EXTRA Gravy Red Potatoes Peas and Carrots Dinner Roll Pudding Cup	24 Hot Dogs 2X w/ Sauerkraut Roasted Potatoes Carrots Roll Yogurt	25 Christmas Day ALL SITES CLOSED	26 Manicotti w/ EXTRA Sauce Cannellini Beans Italian Vegetable Blend Italian Slice Banana
29 Pierogies w/ Sour Cream Italian Sausage Beets Rye Slice Yogurt	30 Bourbon Chicken Rice Pilaf Brussels Sprouts Pumpnickel Slice Cake	31 Lemon Fish Fettuccine Alfredo Green Beans Almondine Italian Slice Cookie	HAPPY NEW YEAR	East Newark Nutrition Menu December 2025

Menu subject to change 