Erie County Stay Fit Dining Program Ken Ton

STANDARD

December 2026

Monday	Tuesday	Wednesday	Thursday	Friday
November 30 Cheesey Chicken & Broccoli Pasta Bermuda Blend Vegetables Carrots Roll Tropical Fruit (629)	**1** Salisbury Steak with Low Sodium Onion Gravy Mashed Potatoes Mixed Vegetables Roll Apple Crisp (857)	**2** Kielbasa & Chicken Potato Skillet California Mix Vegetables Peas Roll Peaches & Pears (594)	**3** Meatballs with Low Sodium Tomato Sauce Country Cottage Vegetables Cauliflower Penne Pasta Roll Ambrosia (752)	**4** Chicken Breast with Marsala Sauce Broccoli Sweet Potato Rice Roll Tropical Fruit (728))
7 Beef Tips with Low Sodium Gravy Broccoli Cheese Rice Cauliflower Sweet Potato Cinnamon Pear Parfait (683)	**8** Shepherd's Pie Broccoli Garlic Biscuit Peaches (677)	**9** **Side Salad** Lasagna with Low Sodium Tomato Meat Sauce California Mix Vegetable Chef Salad with Dressing Cherry Crisp (856)	**10** Seafood Macaroni & Cheese with Green Peppers Bermuda Blend Vegetables Green Beans Chocolate Chip Cookie (889)	**11** BBQ Pork Ribette Diced Sweet Potatoes Warm Apples & Pineapple Roll Cherry Cobbler (739)
14 Baked Rigatoni with Italian Sausage Cauliflower with Parsley Capri Vegetable Blend Chocolate Parfait (724)	**15** Chicken Cordon Bleu Orange Glazed Carrots Broccoli Rice Roll Mixed Fruit (730)	**16** Beef Pepper Steak Casserole with Peppers & Onion Mixed Vegetables Cauliflower Rice Roll Apricots (656)	**17** Hot Tortellini with Spinach, Tomato & Mozzarella Italian Vegetables Sweet Potato Dinner Roll Fruit & Yogurt Parfait (761)	**18** Polynesian Chicken Broccoli Bermuda Blend Vegetables Rice Roll Pears (735(
21 Cheesy Barbecue Chicken with Onion, Cheese Rice Pilaf with Grated Carrot Country Cottage Vegetables Broccoli Roll Apricots (623)	**22** Breaded Pork Chop with Low Sodium Gravy Lazy Pierogi with Spinach California Mix Vegetables Spinach Dinner Roll Christmas Parfait (832)	**23** Honey Glazed Chicken Sweet Potato Lima Bean Bake Roll Mandarin Oranges & Pineapple (634)	**24** **Christmas Meal** Turkey with Stuffing and Low Sodium Gravy Cranberry Sauce Mashed Potato Peas & Carrots Roll Christmas Cookie Parfait(883)	**25 Christmas Holiday** **No Meals Served Today** 
28 Chicken Pot Pie Mashed Potatoe Peas & Pearl Onions Berry Compote (725) **If you have a food allergy, please notify us.**	**29** Low Sodium Ham Steak with Pineapple Glaze Creamed Cabbage Sweet Potato Roll Yogurt Parfait (602) **Menu subject to change**	**30** Chicken Parmesan with Low Sodium Tomato Sauce & Mozzarella Bermuda Blend Vegetables Green Beans Pasta Roll Apple Cinnamon Parfait (651)	**31** **New Year's Eve** Flat Iron Steak with Mushroom Mashed Potatoes Carrots Roll Chocolate Cake Parfait (871)	**January 1** **New Year's Holiday** **Happy New Year!!!** **No Meals Served Today**
