



	12/5 MON	12/6 TUE	12/7 WED	12/8 THU	12/9 FRI
Carve	Baked Chicken + Sweet Potato Cheesy Rice Casserole	Pot Roast + Mashed Potatoes Carrots	Roasted Pork Loin with Spinach Cream + Roasted	Chicken Picatta + Green Beans Mashed Potatoes	Cilantro Lime Tilapia + Rice Pilaf Green Beans
Soup	Minestrone	Lemon Chicken Orzo	Mushroom Barley 	Butternut Squash	Chunky Turkey Chili
Market Deli + The Oven	Corned Beef Rueben + Margarita Pizza	Chicken Bacon Ranch + Meat Lovers Pizza	Caprese Wrap + Cheese Pizza	Baked Spaghetti + Sausage Onion & Pepper Calzone	Mediterranean Veggie Pizza + Lasagna
Action		Taco Bar	Celebrate Las Posadas + Tamales	Chili Bar + NATIONAL BROWNIE DAY	
Dinner 3pm-7pm	Ham Broccoli & Cheese Casserole	Beef Stew	Grilled Chicken with Spinach Cream	MFB Bowl Chicken mashed potato, corn, gravy and cheddar cheese	Corned Beef Hash



*A better-for-you choice lower in calories
and sodium, high in fiber and good fats.*

Open 7 days a week

Breakfast 7 am – 10 am

Lunch 11 am – 2 pm

Monday - Friday Dinner 3 pm – 7 pm