



# December 2022

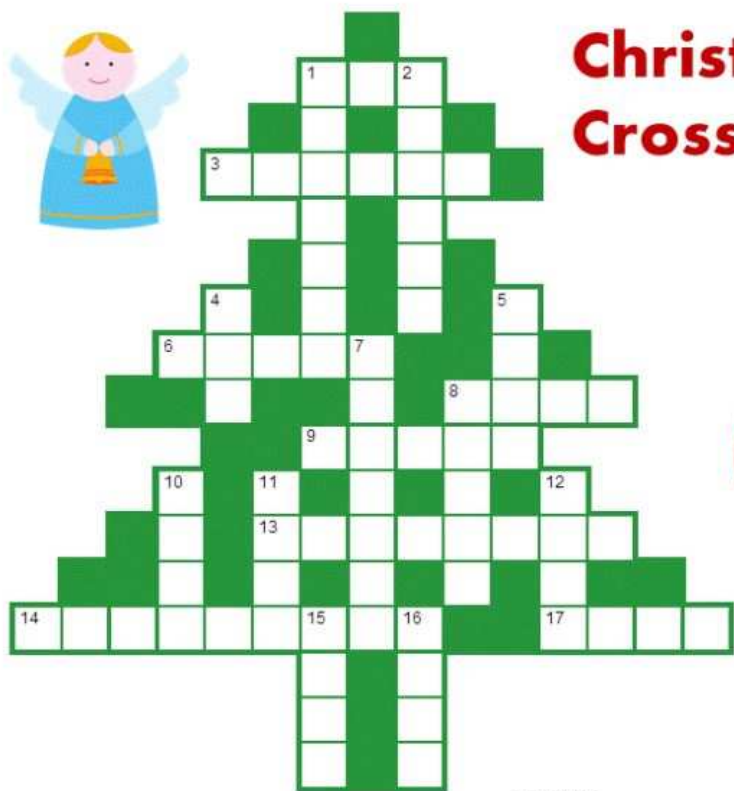
**Suggested Donation is \$4.00 Per Meal.**

*If you will not be home to receive your meal, please call 888-5011 to cancel by 9am.*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Harvest Mac & Cheese, Broccoli, Diced Carrots, Tropical Fruit Cup, Banana Muffin <b>*Higher Sodium Meal</b>	<b>2</b> Hearty Country Vegetable Soup, Sliced Chicken Breast on WG Wrap with Lettuce, Fresh Cantaloupe
<b>5</b> Sweet & Sour Meatballs w/ Pineapple & Green Peppers over WG Rice, Zucchini Medley, Broccoli, Dried Fruit	<b>6</b> American Chop Suey ( <b>VT Beef</b> , Sauce, Pasta, Herbs), California Blend Veggies, Warm Banana Bread	<b>7</b> Baked Chicken Breast with Gravy over Rice Pilaf, Capri Blend Veggies, Cauliflower, Carrot Cake Square	<b>8</b> Hot Hamburger over Mashed & Gravy, Diced Carrots, Warm Dinner Roll, Pineapple Fruit Cup	<b>9</b> Garden Chili (not spicy), Tuna Salad on a WG Roll with Lettuce, Fresh Kiwi <b>*Higher Sodium Meal</b>
<b>12</b> Whole Grain Potato Crusted Fish Fillet over Lemon Parsley Couscous, Squash, Five Way Vegetable, Raisins	<b>13</b> Beef Stew (tender beef, carrots, potatoes, gravy), Corn, Warm Pumpkin Bread	<b>14</b> Meatloaf with <b>VT Beef</b> , Mashed Potato & Gravy, Peas, Zucchini Medley, WG Dinner Roll, Fruited Jell-O with Whip Topping	<b>15</b> Broccoli & Cheddar Quiche, Curry Garbanzo Beans, WG Rice with Diced Tomatoes, Mandarin Orange Cup	<b>16</b> Butternut Squash Bisque, Turkey Salad on Whole Grain Roll with Lettuce, Fresh Banana
<b>19</b> Scrambled Eggs, Turkey Sausage, Sweet & White Home fries, Diced Tomatoes, Warm Biscuit, Apple Sauce Cup	<b>20</b> Chicken Enchilada Bake (chicken, whole grain tortilla, salsa, cheese), Black Beans & Rice, Spiced Pineapple	<b>21</b> <b>Holiday Dinner</b> Baked Ham, Mashed Potato & Gravy, Carrots, Stuffing, Gingerbread, Fresh Clementine <b>*Higher Sodium Meal</b>	<b>22</b> Lasagna Roll Up with Marinara Sauce, Italian Style Beans, Steamed Broccoli, WG Dinner Roll, Peach Cup	<b>23</b> <b>CLOSED</b> Please call by Dec 16 to let us know if you would like a frozen meal for this day. 802-888-5011
<b>26</b> <b>CLOSED</b> Please call by Dec 16 to let us know if you would like a frozen meal for this day. 802-888-5011	<b>27</b> Orange Chicken over Vegetable Fried WG Rice, Stir Fry Vegetables, Warm Zucchini Bread <b>*Higher Sodium Meal</b>	<b>28</b> Stuffed Pork Chop topped with Gravy, Diced Carrots, Spinach, Happy Birthday Chocolate Cake with Icing	<b>29</b> Chicken Bruschetta Pasta, Four Way Vegetable, Seasoned Broccoli, Blueberry Muffin	<b>30</b> VT Minestrone Soup, Egg Salad on WG Bread with Lettuce, Fresh Fruit

**When there is inclement weather, we may not be able to deliver your meal. Please listen to WLVB 93.9 or check our Facebook page for closing updates. Please use your blizzard meal for weather closings. \*Menu Subject to Change**



# Christmas Crossword



## ACROSS

1. Pumpkin or mincemeat
3. Santa's ride
6. Celebration
8. Newborn
9. Northpole crew
13. Word of praise
14. Words on a Christmas card
17. It's opened on Christmas

## DOWN

1. Alternative word to 17 across
2. Christmas drink
4. Christmas dinner centerpiece
5. Dec. holiday
7. Christmas warmer
8. "Jingle \_\_\_\_"
10. Christmas tree
11. O. Henry's "The Gift of the \_\_\_"
12. What carolers do
15. French Christmas.
16. Snow glider

## Start simple with MyPlate



## Make Half Your Grains Whole Grains

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what grains to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



### Have whole grains at breakfast

Enjoy a whole-grain hot cereal. Oatmeal is a favorite but consider trying a grain that's new to you, like buckwheat or millet. You might find a new breakfast favorite.



### Enjoy a multigrain bowl

Create a one-dish meal by layering a mixture of grains like barley or wild rice with some colorful veggies and some low-fat cheese. Add your favorite protein and a dash of hot pepper sauce.



### Swap your sandwich bread

Look for sandwich-type breads made with whole grains. Pita, tortillas, naan, sliced breads, and rolls are all available as whole grains.



### Choose whole-grain takeout

Ask about whole-grain options when dining out or ordering take-out food. For example, make a switch to whole-wheat pasta or brown or wild rice.



### Experiment with a new grain

Cook a new grain like quinoa, amaranth, or millet. You can find cooking tips and recipes online. Grains are pretty versatile and also have lots of important nutrients.



### Switch up pizza night

Create individual, homemade pizzas on whole-wheat English muffins or tortillas. Or, make a traditional pizza using a premade whole-wheat flour. Don't forget the veggie toppings.



Go to [MyPlate.gov](https://www.MyPlate.gov) for more information. USDA is an equal opportunity provider, employer, and lender.

The benefits of healthy eating  
add up over time, bite by bite.

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March 2022