



# December

2025

Monday

Tuesday

Wednesday

Thursday

Friday

1 Sloppy Joe Wheat Bun Baked Beans Mixed Vegetables Ambrosia	2 Salisbury Steak with Gravy Twice Baked Whipped Potatoes Stewed Tomatoes Fruit Cocktail Wheat Dinner Roll Banana Pudding	3 Pizza Pasta Diced Carrots Green Beans Peaches Key Lime Cookie	4 Lemon Pesto Chicken Herbed Potatoes Creamed Spinach Pineapple Tidbits Wheat Bread Shortbread Cookies	5 Scalloped Potatoes & Ham Diced Beets Pears Wheat Dinner Roll Brownie
8 Polish Sausage Wheat Bun German Potato Salad Cheesy Broccoli Tropical Fruit Tapioca Pudding	9 Cheese Omelet Maple Roasted Sweet Potatoes Fresh Orange Warm Peaches Banana Muffin Cherry Yogurt	10 Chili Macaroni Casserole Corn Three Bean Salad String Cheese Apples with Granola	11 Chicken Marsala Herbed Red Potatoes Dilled Carrots Pineapple & Mangoes Wheat Bread Donut Holes	12 BBQ Pulled Pork Wheat Bun Mixed Vegetables Sweet and Sour Red Cabbage Sunshine Fruit Chocolate Chip Cookie
15 Orange Chicken White Rice Sesame Broccoli Capri Vegetables Fruit Cocktail Fortune Cookies	16 Swiss Steak in Tomato Gravy Glazed Yams Dilled Peas Wheat Dinner Roll Pineapple Rice Krispie Treat	17 Chicken Alfredo with Bow Tie Pasta Brussel Sprouts Mixed Vegetables Cold Spiced Peaches Berry Cookie	18 Ketchup Meatloaf Mashed Potatoes Green Beans Pears Breadstick Blondie Brownie	19 Cheeseburger Wheat Bun Baked Beans Diced Carrots Tropical Fruit Chocolate Fluff
22 Meatballs in Gravy Cheesy Hashbrowns Steamed Broccoli Wheat Dinner Roll Peaches Oreo Cookies	23 Kansas City BBQ Riblet Diced Carrots Brown Sugar Baked Beans Creamy Coleslaw Corn Muffin Spiced Pears	24 NO MEAL SERVICE	25 NO MEAL SERVICE	26 Homemade Mac and Cheese Scalloped Tomatoes Corn Apple Slices with Peanut Butter
29 Chicken Pot Pie over a Biscuit Mixed Vegetables Diced Carrots Peaches Carnival Cookie	30 Beef Patty with Au Jus Mashed Sweet Potatoes Peas Fruit Cocktail Dinner Roll Princess Bar	31 NO MEAL SERVICE	<b>Appleton, Grand Chute &amp; Kimberly HDM</b> To cancel a meal, call the ADRC at 832-5178 by <u>8:30am</u> the day of meal service.	 - Due to National Supply Issues - Menus are Subject to Change.



## DECEMBER 2025 HEALTHY HOLIDAYS & FOOD SAFETY

# ENJOY THE SEASON — SAFELY AND SMARTLY!

THE HOLIDAYS ARE FULL OF GOOD FOOD AND GOOD COMPANY!

FOLLOW THESE SIMPLE TIPS TO STAY HEALTHY, SAFE, AND  
CONNECTED THIS SEASON.

### HEALTHY HOLIDAY HABITS

- EAT SLOWLY AND STOP WHEN YOU FEEL FULL
- FILL HALF YOUR PLATE WITH VEGGIES AND LEAN PROTEIN
- CHOOSE BAKED OR ROASTED FOODS INSTEAD OF FRIED
- DRINK WATER OR UNSWEETENED TEA INSTEAD OF SUGARY DRINKS
- STAY ACTIVE: TAKE SHORT WALKS OR DANCE TO HOLIDAY MUSIC!

### FOOD SAFETY TIPS

- **KEEP IT COLD:** REFRIGERATE LEFTOVERS WITHIN 2 HOURS
- **COOK IT WELL:** POULTRY AND CASSEROLES SHOULD REACH 165°F
- **CLEAN HANDS AND SURFACES:** WASH BEFORE AND AFTER COOKING
- **REHEAT SAFELY:** WARM LEFTOVERS TO 165°F BEFORE EATING
- WHEN IN DOUBT, THROW IT OUT — DON'T RISK FOOD POISONING

### STAY CONNECTED

THE HOLIDAYS ARE ABOUT MORE THAN FOOD — THEY'RE ABOUT PEOPLE. REACH OUT TO FAMILY, FRIENDS, OR NEIGHBORS. SHARING A MEAL, A PHONE CALL, OR EVEN A SMILE CAN LIFT YOUR MOOD AND REDUCE STRESS.

### TEST YOUR HOLIDAY KNOWLEDGE!

1. In "The Twelve Days of Christmas," what gift is given on the 7th day?
2. Which popular holiday plant is actually a parasite that grows on trees?
3. What country is credited with starting the tradition of the Christmas tree?
4. What holiday drink is sometimes called "milk punch"?
5. What meat is traditionally served at a British Christmas dinner?