














November 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>PLEASE NOTE MENUS SUBJECT TO CHANGE WITH RD APPROVAL</p>		<p>1 Bacon, egg, chs, spinach breakfast sandwich WW english muffin Oven potaoes w/ peppers and onions Tangerine</p>	<p>2 Stuffed Potatoes w/ Broccoli and Cheese Green Salad w/ beets kidn.beans & cucumbers WW roll Peaches</p>	<p>3 Cheeseburger with Lettuce, Tomato Red Potato Wedges Broccoli salad Red grapes WG sunchips</p> 
<p>SENIOR NUTRITION CLOSED ON FRIDAYS</p> 	<p>7 Beef and Cheese Tacos w/ lettuce and tomato Spanish Brown Rice Black Beans Mandarins & tropical fruit Tortilla chips & salsa</p>	<p>8 Mac and Cheese Brussel Sprouts WW roll Cantaloupe</p>	<p>9 BBQ Chicken Baked Sweet Potatoes Green Beans WW roll Banana Chocolate Chip cookie</p>	<p>10  CLOSED</p>
<p>ALL MEALS INCLUDE 1% MILK AND BUTTER</p>  <p>GREAT NORTHERN - services -</p>	<p>14 Fish Sandwich w/ cheese & tarter sauce WW hoagie Coleslaw Sweet Potato fries Strawberries & bluberries</p>	<p>15 Pork fried rice w/ egg and mix veggies Peas and cabbage Orange WW roll</p> 	<p>16 Meatloaf w/ gravy Mashed red potatoes Sauteed Kale Peaches and pears WW roll</p>	<p>17 Veggie Lasagna w/ alfredo sauce Garden salad w/ peppers Strawberry Applesauce WG garlic breadstick</p> 
	<p>21 Orange Chicken over brown Rice Spinach Salad w/ egg and Mandarins WW Roll Red Grapes</p>	<p>22 Spaghetti w/ meat sauce WW noodles Green beans Cantaloupe & blueberries WW garlic bread</p>	<p>23 Roasted Turkey w/ gravy Yam w/ marshmallow Carrots w/ parsley WW Stuffing Cranberry Sauce Spiced pears Pumpkin Dump Cake</p> 	<p>24  Happy Thanksgiving</p>
 <p>MEAL CONTAINS MORE THAN 1000 MG OF SODIUM</p>	<p>28 Turkey pot pie w/ mixed veggies Spinach salad w/ egg & mandarins Peach WW roll</p>	<p>29 Minestrone Soup 1/2 tuna sandwich w/ lettuce and tomato on WG bread Fresh apple</p>	<p>30 Blk bean & chs burrito on WW tortilla Lemon herb brown rice Mexi Coleslaw Mixed berries & bananas</p>	