



November

2023



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

