

**November 2019****Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Low Fat Milk Available With Each Meal</b>				<b>1</b> Sliced Turkey w/ Dressing Butternut Squash Flat Peas Dinner Roll Graham Crackers
<b>4</b> Hot Dog on Bun w/ Chili Sauce Baked Beans Corn w/ Diced Tomato Applesauce	<b>5</b> Chicken Teriyaki Brown Rice Stir Fry Vegetables Carrots Wh. Grain Bread Grape Juice	<b>6</b> Assorted Salad Plate French Dressing Baby Carrots Wh. Grain Bread Fresh Fruit	<b>7</b> Fish Fillet Cheesy Mashed Potatoes Mixed Vegetables Apple Juice Wh. Grain Bread	<b>8</b> Macaroni & Beef Spinach California Vegetables Strawberry Applesauce Wh. Grain Bread
<b>11</b> Centers Closed 	<b>12</b> Meatballs & Penne Pasta in Marinara Broccoli Italian Vegetables Wh. Grain Bread Pineapple Cup	<b>13</b> Krab Salad Creamy Broccoli Salad Tossed Salad Italian Dressing Fresh Fruit Wh. Grain Bread	<b>14</b> NY Strip Patty w/ Picadillo Sauce Green Peas Sweet Potatoes Wh. Grain Bread Orange-Pineapple Juice	<b>15</b> Chicken Parmesan Rosemary Potatoes Cheesy Spinach Wh. Grain Bread Grape Juice
<b>18</b> Meatloaf w/ Apple Brown Gravy Potatoes Stewed Tomatoes Wh. Grain Bread Pear Cup	<b>19</b> Oven Baked Chicken Southern Rice Spinach Wh. Grain Bread Grape Juice	<b>20</b> Hot Dog on Bun w/ Chili Sauce Baked Beans Corn w/ Diced Tomato Applesauce	<b>21</b> Battered Fish Nuggets Garlic Mashed Potatoes Carrots Wh. Grain Bread Orange Juice	<b>22</b> Mixed Green Salad w/ Diced Chicken and Cheese Ranch Dressing Fresh Fruit Wh. Grain Bread Blended Juice
<b>25</b> Chicken Breast Patty over Rice Black Beans & Tomatoes Mixed Vegetables Wh. Grain Bread Grape Juice	<b>26</b> Hamburger Au Jus Wh. Grain Hamburger Bun Potato Wedges Carrots Blended Juice	<b>27</b> Sliced Turkey Sweet Potatoes w/ Cinnamon Apples Green Bean Gratinée Dinner Roll Dessert	<b>28</b> Centers Closed 	<b>29</b> Centers Closed 

Menu Approved by: Registered Dietitian Dana Gardner and may be subject to change.

*Dana Gardner 10/28/19*