









NOVEMBER 2017

Low Fat Milk Provided With Daily Meals

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Spaghetti/Meat Sauce Italian Vegetables Broccoli Autumn Jell-O Garlic Toast 	2 Cheeseburger Potato Wedges Tomato Wedge Salad Melon Medley	3 Shaved Turkey Sandwich Tomato/Lettuce & Pickle Broccoli Raisin Salad Macaroni Salad Pineapple Tidbits
6 Chicken Tender/Gravy Garlic Mashed Potatoes Turnip Greens Mandarin Oranges Wheat Roll 	7 Chicken Fajitas w/Breast meat Fajita Vegetables Chuck Wagon Corn Spanish Rice Fruit Cocktail Flour Tortilla	8 BBQ Chicken Breast Roasted Ranch Potatoes Summer Squash Tossed Vegetable Salad Lo Cal French Dressing Whole Wheat Roll Peach Cobbler	9 Salisbury Steak Diced Potatoes skin on English Peas Fruit Salad in Juice Wheat Roll 	10 Chicken Fried Steak Mashed Potatoes Country Gravy Stewed Okra Seasoned Corn Pumpkin Square
13 Chicken Rice Casserole Black Eyed Peas Carrots Fruit Cocktail Wheat Roll	14 Polish Sausage Pinto Beans Coleslaw Peaches Cornbread 	15 Beef Stew Turnip Greens Black Forest Parfait Cornbread	16 Charbroiled Beef Patty W/ Peppers and Onions Garlic Mashed Potatoes Beets Mandarin Oranges Wheat Roll	17 Chicken & Noodle Casserole English Peas Chuck Wagon Corn Applesauce Wheat Roll
20 Taco Pie/ Salad Topping Pinto Beans Chuck Wagon Corn Imit. Peanut Butter Cup Corn Tortilla	21 Cheeseburger Potato Wedges Tomato Wedge Salad Melon Medley	22 BBQ Beef/ Sauce Smothered Potatoes Pinto Beans Apricots Wheat Bun	 Happy Thanksgiving 	
27 Meatloaf/Tomato Sauce Mashed Potatoes Winter Blend Vegetables Apple Fluff Wheat Roll 	28 Chicken Spaghetti Carrots Zucchini Bananas/Vanilla Pudding Wheat Bread	29 Beef Enchiladas Borracho Beans Spanish Rice Coleslaw Cornbread Apricots	30 Beef Tips & Rice Meadow Blend Vegetables/Corn Wheat roll Chocolate Cake/Strawberries	