



# November 2016



Low Fat Milk Provided With Daily Meals

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>Roast Turkey</b> Bread Dressing Seasoned Broccoli Waldorf Salad Cranberry Square	2 <b>Chicken Salad Sandwich</b> Tomato, Lettuce & Pickle Macaroni Salad Carrot Sticks Watermelon	3 <b>Spaghetti/Meat Sauce</b> Italian Vegetables Broccoli Autumn Jell-O Garlic Toast	4 <b>Sloppy Joe On Bun</b> Country Potato Salad Carrots & Zucchini Creamy Fruit Square
7 <b>Chicken Teriyaki</b> Fried Rice Seasoned Vegetable Blend Strawberries & Bananas	8 <b>Taco Salad &amp; Corn Chips</b> Seasoned Corn Watermelon Peach Cobbler	9 <b>Pork Chop</b> Black-Eye Peas Spinach Baked Apple Slices Cornbread	10 <b>Cheeseburger</b> Potato Wedges Tomato Wedge Salad Melon Medley	11 <b>Chicken Tender/Gravy</b> Garlic Mashed Potatoes Turnip Greens Mandarin Oranges Wheat Roll
14 <b>Chicken Rice Casserole</b> Black Eyed Peas Carrots Fruit Cocktail Wheat Roll	15 <b>Polish Sausage</b> Pinto Beans Coleslaw Peaches Cornbread 	16 <b>Beef Stew</b> Turnip Greens Black Forest Parfait Cornbread	17 <b>Charbroiled Beef Patty</b> W/ Peppers and Onions Garlic Mashed Potatoes Beets Mandarin Oranges Wheat Roll	18 <b>Chicken &amp; Noodle Casserole</b> English Peas Chuck Wagon Corn Applesauce Wheat Roll
21 <b>Homestyle Lasagna</b> Garlic Bread Brussel Sprouts Pears	22 <b>Beef Taco Bake</b> Spanish Rice Cauliflower Tossed Salad/ Dressing Country Apple Crisp	23 <b>Chicken Fried Steak</b> Mashed Potatoes Country Gravy Stewed Okra Seasoned Corn Pumpkin Square	24 <b>Center Closed for Thanksgiving Holiday</b> 	25 <b>Center Closed for Thanksgiving Holiday</b> 
28 <b>Salisbury Steak</b> Diced Potatoes skin on English Peas Fruit Salad in Juice Wheat Roll	29 <b>Cheeseburger</b> Potato Wedges Tomato Wedge Salad Melon Medley	30 <b>Beef Enchiladas</b> Borracho Beans Spanish Rice Coleslaw Cornbread Apricots 		