



November 2019 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Chicken Cacciatore Whole Grain Spaghetti Garlic Spinach Tropical Fruit Chef's Dessert</p>
<p>4</p> <p>Country Fried Steak Country Gravy Whipped Potatoes Sliced Carrots Whole Wheat Bread Peaches & Pineapple</p>		<p>5</p> <p>Maple Glazed Chicken Roast Potato Medley Lima Beans Whole Wheat Bread Pineapple Tidbits</p>	<p>6</p> <p>Corn Chowder Sliced Turkey Breast Cheese, Lettuce, Tomato Carrot Pineapple Salad Whole Wheat Tortilla Seasonal Fruit</p>	<p>7</p> <p>Stuffed Pasta Shells Tomato Basil Sauce Parmesan Cheese Creamed Spinach Whole Kernel Corn Whole Wheat Bread Peaches, Pears, Oranges</p> <p>Set Clocks Back</p>
<p>11</p> <p>Veterans Day</p> <p>HOLIDAY</p> <p>CLOSED for the HOLIDAY</p>	<p>12</p> <p>Oven Fried Chicken Brown Rice Green Beans Pineapple Tidbits</p>	<p>13</p> <p>Oriental Chicken Salad Saltine Crackers Seasonal Fruit</p> <p>spread the kindness!</p>	<p>14</p> <p>Breaded Fish Roasted Potatoes Glazed Carrots Whole Wheat Bread Seasonal Fruit Chef's Dessert</p>	<p>15</p> <p>BIRTHDAY PARTY</p> <p>Meatloaf Brown Gravy Garlic Whipped Potatoes Brussels Sprouts Whole Wheat Bread Seasonal Fruit</p>
<p>18</p> <p>Pork Chili Verde Brown Rice Fiesta Vegetable Blend Saltine Crackers Tropical Fruit</p>	<p>19</p> <p>Swedish Meatballs Penne Pasta Capri Vegetable Blend Fresh Orange</p>	<p>20</p> <p>Minestrone Soup Tuna Salad Lettuce & Tomato Cucumber Tomato Salad Whole Wheat Bread Fluffy Fruit Salad</p>	<p>21</p> <p>Beef Chow Mein Brown Rice Oriental Vegetables Ginger Carrots Seasonal Fruit</p>	<p>22</p> <p>Sloppy Joe Whole Kernel Corn Green Beans W.W. Hamburger Bun Applesauce Chef's Dessert</p>
<p>25</p> <p>Breaded Fish Cilantro Lime- Brown Rice California Veggie Blend Mixed Fruit</p>	<p>26</p> <p>Beef Taco Salad Seasonal Fruit</p> <p>November is Native American Heritage Month</p>	<p>27</p> <p>Turkey Breast w/ Gravy Cornbread Dressing Green Beans Sweet Potato Casserole Roll, Fresh Orange Pumpkin Pie</p>	<p>28</p> <p>Thanksgiving Day</p> <p>Closed Thanksgiving Day</p>	<p>29</p> <p>HOLIDAY</p> <p>CLOSED for the HOLIDAY</p>