

November, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
EACH MEAL IS SUPPLIED WITH A 1/2 PINT OF 2% MILK			1 Oriental Shoyu Chicken Oriental Blend Vegetables Carrots w/Ginger Glaze Whole Wheat Bread LD Oatmeal Cookie	2 Roast Pork Pork Gravy Sour Cream & Chive Potatoes Orange Juice 6 oz. Whole Wheat Roll Peach Cobbler
5 Paprika Baked Chicken Zucchini w/ Red Peppers Mashed Potatoes Multigrain Bread Mandarin Oranges	6 Chili with Beans Escaloped Apples Steamed Spinach Saltine Crackers Blonde Brownie	7 Pork Riblett BBQ Sauce Mashed Potatoes Grape Juice 6 oz. Hamburger Bun Cherry Cobbler	8 Breaded Fish Tartar Sauce Fiesta Potatoes Seasoned Green Beans Hamburger Bun Almond Poppy seed Cake	9 Smothered Chicken Buttered Cabbage Green Peas Whole Wheat Bread Applesauce
12 Chicken ala King Green Beans Stewed Tomatoes Biscuit Pineapple Tidbits	13 Beef Macaroni w/Tomato Yellow Squash w/Tomatoes Brussels Sprouts Whole Wheat Bread Cranberry Crunch Bar	14 Diced Pork Pork Gravy Mashed Potatoes Lemon & Thyme Carrots Rye Bread Fruit & Grain Bar	15 Honey Mustard Chicken Orange Juice 6 oz. Green Peas Whole Wheat Bread Apple Cobbler	16 Italian Beef & Rice Casserole Rosemary Potatoes Normandy Blend Vegetables Garlic Bread Mixed Fruit
19 Macaroni & Cheese w/ Ham Broccoli Cuts Carrots Multigrain Bread Pears	20 Breaded Chicken Patty Red Bliss Potatoes Capri Blend Vegetables Wheat Hamburger Bun Diet Cowboy Cookie	21 Sloppy Joe Vegetable Soup Broccoli / Cauliflower Blend Hamburger Bun Applesauce	22 Chicken Noodle Soup Italian Blend Vegetables Harvard Beets Saltine Crackers Brownie	23 Sliced Roasted Turkey Jellied Cranberry Sauce Poultry Gravy Mashed Potatoes Green Beans Almondine Whole Wheat Roll Pumpkin Bar
26 Ham & Egg Patty O'Brien Potatoes Escaloped Apples Biscuit Fruit & Grain Bar	27 Ziti with Meatballs Brussels Sprouts Whipped Sweet Potatoes White Dinner Roll Almond Cookie	28 Peach-Orange BBQ Chicken Broccoli Cuts Whole Kernel Corn Whole Wheat Roll Pineapple Tidbits	29 Sausage w/onions & peppers White Beans Carrots Hot Dog Bun Orange Juice 6 oz.	30 Beef Stew Vegetables in Stew Cauliflower Cornbread Spiced Apple Slices

**ALL MENUS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE **

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THE NUTRITIONAL INFORMATION CONTAINS THE MILK OFFERED WITH EACH MEAL			1	2
			CAL = 721.89 FAT = 23.84 G SODIUM = 895.17 MG FIBER = 6.73 G CARBS = 85.62 G CALCIUM = 432.12 MG	CAL = 705.69 FAT = 21.14 G SODIUM = 690.67 MG FIBER = 4.74 G CARBS = 95.52 G CALCIUM = 455.81 MG
5	6	7	8	9
CAL = 641.95 FAT = 20.9 G SODIUM = 495.16 MG FIBER = 4.9 G CARBS = 68.66 G CALCIUM = 487.86 MG	CAL = 870.59 FAT = 33.33 G SODIUM = 960.88 MG FIBER = 10.68 G CARBS = 109.83 G CALCIUM = 584.61 MG	CAL = 929.68 FAT = 28.52 G SODIUM = 1054.06 MG FIBER = 7.58 G CARBS = 139.22 G CALCIUM = 601.5 MG	CAL = 858.03 FAT = 31.65 G SODIUM = 1215.04 MG FIBER = 5.15 G CARBS = 105.92 G CALCIUM = 594.29 MG	CAL = 574.09 FAT = 13.85 G SODIUM = 687.12 MG FIBER = 11.22 G CARBS = 73.52 G CALCIUM = 406.38 MG
12	13	14	15	16
CAL = 647.3 FAT = 21.69 G SODIUM = 1009.08 MG FIBER = 5.3 G CARBS = 78.76 G CALCIUM = 719.41 MG	CAL = 913.87 FAT = 36.5 G SODIUM = 863.2 MG FIBER = 10.22 G CARBS = 102.97 G CALCIUM = 450.02 MG	CAL = 744.82 FAT = 17.29 G SODIUM = 718.77 MG FIBER = 6.37 G CARBS = 92.23 G CALCIUM = 663.6 MG	CAL = 741.46 FAT = 16.17 G SODIUM = 743.47 MG FIBER = 8.89 G CARBS = 102.58 G CALCIUM = 442.77 MG	CAL = 673.44 FAT = 23.59 G SODIUM = 674.82 MG FIBER = 8.5 G CARBS = 82.13 G CALCIUM = 509.51 MG
19	20	21	22	23
CAL = 608.72 FAT = 20.76 G SODIUM = 1246.34 MG FIBER = 9.31 G CARBS = 68.98 G CALCIUM = 635.1 MG	CAL = 737.27 FAT = 23.15 G SODIUM = 1082.75 MG FIBER = 8.32 G CARBS = 89.62 G CALCIUM = 424.03 MG	CAL = 659.29 FAT = 20.51 G SODIUM = 862.9 MG FIBER = 11.45 G CARBS = 92.18 G CALCIUM = 421.51 MG	CAL = 571.24 FAT = 17.61 G SODIUM = 1011.98 MG FIBER = 6.07 G CARBS = 77.29 G CALCIUM = 384.16 MG	CAL = 844.02 FAT = 23.17 G SODIUM = 780.49 MG FIBER = 8.36 G CARBS = 122.565 G CALCIUM = 561.08 MG
26	27	28	29	30
CAL = 817.57 FAT = 28.34 G SODIUM = 984.67 MG FIBER = 6.26 G CARBS = 112.01 G CALCIUM = 654.72 MG	CAL = 1014.01 FAT = 36.64 G SODIUM = 1281.12 MG FIBER = 11.15 G CARBS = 130.275 G CALCIUM = 552.445 MG	CAL = 598.47 FAT = 10.41 G SODIUM = 611.08 MG FIBER = 9.27 G CARBS = 97.65 G CALCIUM = 389.85 MG	CAL = 654.39 FAT = 17.07 G SODIUM = 1022.56 MG FIBER = 12.66 G CARBS = 74.44 G CALCIUM = 437.05 MG	CAL = 668.93 FAT = 23.01 G SODIUM = 889.48 MG FIBER = 6.63 G CARBS = 87 G CALCIUM = 375.56 MG

GM = GRAMS CAL = CALORIES MG = MILIGRAMS CARBS = CARBOHYDRATES