

November, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
EACH MEAL IS SUPPLIED WITH A 1/2 PINT OF 2% MILK			1 Beef Macaroni w/Tomato Green Peas Yellow Crookneck Squash White Roll Fruit & Grain Bar	2 Roasted Turkey Breast Poultry Gravy Sweet Potatoes Green Beans Whole Wheat Bread (1) LD Fudge Round
5 Turkey ala King Red Bliss Potatoes Brussels Sprouts Biscuit LD Star Crunch	6 Roast Pork Apple Berry Sauce Green Peas Carrots Wild Rice Blend LD Oatmeal Cookie	7 Beef & Rice Patty w- Cabbage Cabbage with entrée Normandy Blend Vegetables Whole Wheat Bread (1) Spiced Peaches	8 Smothered Chicken Breast Whipped Sweet Potatoes Steamed Spinach Whole Wheat Bread (1) LD Gingerbread Man	9 Beef Stroganoff w/ Noodles Green Beans Whole Kernel Corn Whole Wheat Bread (1) Mixed Fruit
12 Roast Beef Brown Gravy Mashed Potatoes Carrots w/Ginger White Roll Mixed Fruit	13 Baked Chicken Thigh Herbed Potatoes Normandy Blend Vegetables Whole Wheat Bread (1) Fruit & Grain Bar	14 Breaded Fish Tartar Sauce Yellow Crookneck Squash Steamed Spinach Whole Wheat Bread (1) Rice Krispie Treat Bar	15 Chicken Breast Fillet Italian Herb Sauce Green Peas Cauliflower Whole Wheat Bread (1) LD Chocolate Chip Crème Pie	16 Hamburger Pinto Beans Chuckwagon Corn Hamburger Bun Pineapple Tidbits
19 Turkey with Divan Sauce Steamed Spinach Whole Kernel Corn Whole Wheat Bread (1) LD Star Crunch	20 Beef Patty Pepper & Onion Gravy Green Peas Steamed Cabbage Whole Wheat Bread (1) Applesauce	21 Breaded Chicken Patty Carrots Green Beans Hamburger Bun Fruit & Grain Bar	22 Sweet & Sour Pork Grape Juice 6 oz. Broccoli Cuts Steamed Rice LD Oatmeal Cookie	23 Chicken Pomodoro Italian Blend Vegetables Brussels Sprouts Whole Wheat Bread (1) LD Chocolate Chip Crème Pie
26 Veal with Parmesan Sauce Orange Juice 6 oz. Green Peas Noodles LD Oatmeal Cookie	27 Turkey with Divan Sauce Steamed Spinach Whole Kernel Corn Whole Wheat Bread (1) LD Star Crunch	28 Meatballs Brown Gravy Mashed Potatoes Normandy Blend Vegetables Whole Wheat Bread (1) Pears	29 Hearty Pork Stew Green Beans Steamed Cabbage Whole Wheat Bread (1) Mixed Fruit	30 Chicken Breast Fillet Honey Mustard Sauce Carrots Rosemary Potatoes Whole Wheat Bread (1) Fruit & Grain Bar

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

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THE NUTRITIONAL INFORMATION CONTAINS THE MILK OFFERED WITH EACH MEAL			1 CAL = 667.12 FAT = 6.18 G SODIUM = 1.91 MG FIBER = 10.99 G CARBS = 87.07 G CALCIUM = 558.25 MG	2 CAL = 595.03 FAT = 1.38 G SODIUM = 0.91 MG FIBER = 3.77 G CARBS = 81.29 G CALCIUM = 344.64 MG
5 CAL = 729.47 FAT = 3.51 G SODIUM = 2.25 MG FIBER = 8.05 G CARBS = 92.81 G CALCIUM = 459.1 MG	6 CAL = 709.72 FAT = 3.5 G SODIUM = 2.07 MG FIBER = 11.57 G CARBS = 96.33 G CALCIUM = 639.79 MG	7 CAL = 586.17 FAT = 7.67 G SODIUM = 2.12 MG FIBER = 8.67 G CARBS = 67.48 G CALCIUM = 560.56 MG	8 CAL = 556.43 FAT = 2.25 G SODIUM = 1.37 MG FIBER = 8.23 G CARBS = 75.71 G CALCIUM = 520.5 MG	9 CAL = 646.72 FAT = 2.76 G SODIUM = 1.43 MG FIBER = 7.82 G CARBS = 80.19 G CALCIUM = 455.05 MG
12 CAL = 711.32 FAT = 3.43 G SODIUM = 2.03 MG FIBER = 6.92 G CARBS = 91.74 G CALCIUM = 426.42 MG	13 CAL = 703.04 FAT = 3.96 G SODIUM = 2.94 MG FIBER = 7.27 G CARBS = 78.18 G CALCIUM = 603.5 MG	14 CAL = 549.35 FAT = 5.65 G SODIUM = 1.09 MG FIBER = 6.54 G CARBS = 71.91 G CALCIUM = 384.15 MG	15 CAL = 549.84 FAT = 1.41 G SODIUM = 1.11 MG FIBER = 9.43 G CARBS = 69.47 G CALCIUM = 390.41 MG	16 CAL = 661.49 FAT = 1.6 G SODIUM = 1.25 MG FIBER = 10.49 G CARBS = 91.31 G CALCIUM = 389.7 MG
19 CAL = 604.38 FAT = 2.2 G SODIUM = 1.22 MG FIBER = 8.33 G CARBS = 75.32 G CALCIUM = 468.21 MG	20 CAL = 584.5 FAT = 1.44 G SODIUM = 1.23 MG FIBER = 11.22 G CARBS = 75.48 G CALCIUM = 387.26 MG	21 CAL = 639.51 FAT = 1.78 G SODIUM = 1.28 MG FIBER = 9.88 G CARBS = 89.05 G CALCIUM = 438.18 MG	22 CAL = 893.14 FAT = 8.98 G SODIUM = 2.31 MG FIBER = 4.46 G CARBS = 117.99 G CALCIUM = 571.33 MG	23 CAL = 699.99 FAT = 1.46 G SODIUM = 1.84 MG FIBER = 10.31 G CARBS = 91.48 G CALCIUM = 491.77 MG
26 CAL = 801.05 FAT = 7.01 G SODIUM = 1.6 MG FIBER = 11.15 G CARBS = 111.93 G CALCIUM = 536.95 MG	27 CAL = 604.38 FAT = 2.2 G SODIUM = 1.22 MG FIBER = 8.33 G CARBS = 75.32 G CALCIUM = 468.21 MG	28 CAL = 731.5 FAT = 2.08 G SODIUM = 1.98 MG FIBER = 9.95 G CARBS = 88.71 G CALCIUM = 475.01 MG	29 CAL = 603.2 FAT = 8.72 G SODIUM = 1.88 MG FIBER = 7.72 G CARBS = 62.19 G CALCIUM = 566.79 MG	30 CAL = 618.27 FAT = 3.65 G SODIUM = 1.73 MG FIBER = 8.22 G CARBS = 83.67 G CALCIUM = 481.77 MG

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