

November 2023

	Sc	MEALS • WHE		
		1 Wednesday	2 Thursday	3 Friday
		Flame Broiled Beef Steak Baby Bakers Mixed Vegetables Slice of Bread Peaches Brownie	Ham and Beans Spinach Red Skin Potatoes Slice of Bread Apple Sauce Sun Chips	Lasagna Rollup w/Meat Sauce Mixed Vegetables Apple Crisp Slice of Bread Apple Juice Graham Crackers
6 Monday	7 Tuesday	8 Wednesday	9 Thursday	10 Friday
Chicken Strips	Meatloaf w. gravy Mashed Potatoes	Salisbury Steak/ Gravy Parslied Potatoes	Cheeseburger Sweet Potato Puff	Pot Roast Parslied Noodles
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Sweet Potato Cubes Sun Butter Cranberry Juice Brownie	Carrots Slice of Bread Mixed Fruit Cup Graham Cracker	Mixed Vegetables Slice of Bread Sun Butter Diced Peaches	Mixed Berry Crisp Slice of bread Sun Butter Orange	Collard Greens Slice of Bread Sun Butter Diced Peaches Choc. Crème cookie
13 Monday	14 Tuesday	15 Wednesday	16 Thursday	17 Friday
Cheeseburger Meatloaf Baby Bakers California Vegetables	Spaghetti & Meatballs Italian Vegetables Spinach	Baked Chicken w. Gravy Herbed Dressing Broccoli & Cauliflower	Cincinnati Chili & Spaghetti Shredded cheese Corn & Black Beans	Country Fried Steak Scalloped Potatoes Cailfornia Vegetables
Slice of bread Orange Juice Town house crackers	Slice of bread Cranberry Juice Graham Cracker	Slice of Bread Apple Juice Snack bar	Cinnamon Apples oyster crackers Grape Juice	Slice of Bread Sun Butter Cranberry Juice Nutri-grain bar
20 Monday	21 Tuesday	22 Wednesday	23 Thursday	24 Friday
Green Beans Roasted Bakers Slice of bread Tropical Fruit Juice Cheese It Crackers	Boneless Chicken Bites Au Gratin Potatoes Mixed Vegetables Slice of bread Sun Butter Mixed Fruit Cup	Grilled Sausage w/ Onion and Peppers Potato Wedges Mixed Vegetables Slice of Bread Apple Juice	Sliced Turkey & Gravy Mashed Potatoes Green Beans Slice of bread Diced Pears Granola Bar	Chicken Alfredo w/ Penne Pasta Sliced Carrots Broccoli Slice of Bread Tropical Fruit Juice Snack bar
27 Monday	28 Tuesday	29 Wednesday	30 Thursday	
Flame Broiled Beef Steak Roasted Bakers Mixed Vegetables Slice of Bread Peaches Brownie	Ham and Beans Spinach Red Skin Potatoes Slice of Bread Apple Sauce Sun Chips	Lasagna Rollup w/Meat Sauce Mixed Vegetables Apple Crisp Slice of Bread Apple Juice Graham Crackers	Chicken Strips Italian Vegetables Sweet Potato Cubes Sun Butter Cranberry Juice Brownie	