



NOVEMBER 2011



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Enchiladas Spanish Rice Refried Beans Green Salad Banana Low Fat Milk	2 Spaghetti & Meat Sauce Green Beans Green Salad Garlic Bread Peaches Low Fat Milk	3 Fish Fillet Tartar Sauce Potato Wedges Mixed Veggies Bread or Roll Fresh Orange Low Fat Milk	4 Baked Ham Scalloped Potatoes Peas & Carrots Bread or Roll Apple Low Fat Milk
7 Creamed Chicken Over Rice Winter Blend Veg. Roll Cottage Cheese w/Fruit Brownie Low Fat Milk	8 Meatball Sub Sandwich Cooked Carrots Coleslaw Orange Low Fat Milk	9 Lasagna Corn Green Salad Bread or Roll Fruit Cocktail Low Fat Milk	10 <u>Breakfast Day</u> Eggs Sausage Patty Waffles Syrup Melons Low Fat Milk	11 VETERANS DAY 
14 Country Fried Steak Potatoes & Gravy Corn Bread/Roll Fruit Cocktail Low Fat Milk	15 Chicken Pot Pie w/Chicken Gravy Green Beans Green Salad Bread or Roll Banana Low Fat Milk	16 Meatloaf Potatoes & Gravy Cooked Cabbage Bread/Roll Pears Low Fat Milk	17 Chicken Marinara & Pasta Rotini Calif. Blend Veg. Bread or Roll Peaches Low Fat Milk	18 Roast Turkey Potatoes & Gravy Mixed Veggies Bread or Roll Cranberry Sauce Pumpkin Pie Low Fat Milk
21 Chicken Alfredo Calif. Blend Veg. Bread or Roll Pears Low Fat Milk	22 Sloppy Joe Corn Green Salad Banana Rice Pudding Low Fat Milk	23 Chicken Taco Salad Tortilla Chips, Beans, Lettuce, Cheese, Tomato, Dressing Applesauce Low Fat Milk	24 THANKSGIVING 	25 HOLIDAY 
28 Sweet & Sour Chicken Rice Stir Fry Veggies Bread/Roll Applesauce Low Fat Milk	29 Macaroni & Cheese Mixed Vegetables Jell-O & Fruit Roll Peach Crisp Low Fat Milk	30 Chicken Wrap Pasta Salad Pickle Spear Pears Cookies Low Fat Milk		