NOVEMBER 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1
2% Milk Served w/Each Meal Can Fruit in Light Syrup WW=Whole Wheat GC=Green Chili,RC=Red Chili HM=Honey Mustard Menu Subject to Change				**Chicken Stir Fry** Brown Rice Oriental Vegetables Tossed Salad w/Dressing WW Roll W/Margarine Strawberries and Bananas
MONDAY 4	**TUESDAY 5**	**WEDNESDAY 6**	**THURSDAY 7**	**FRIDAY 8**
GC Cheeseburger Tater Tots Lettuce, Tom, Onion, Pickle Green Beans Pineapple Chunks	**Beef Stew** Stew Vegetables Tossed Salad w/Dressing Cornbread w/Margarine Honeydew Melon	**BBQ Chicken Breast** Baked Potato California Blend Vegetables 3 Bean Salad WW Roll w/Margarine Tropical Fruit Cocktail	**Egg Salad Sandwich** Cucumber Salad Lettuce Leaf & Tomato Slice Diced Pears Cookie	**Baked Ham** Scalloped Potatoes Garden Salad Seasoned Corn WW Roll w/Margarine Applesauce
MONDAY 11	**TUESDAY 12**	**WEDNESDAY 13**	**THURSDAY 14**	**FRIDAY 15**
Closed For Veteran's Day 	**Chicken Strips w/HM** Tater Tots Steamed Cauliflower Garden Salad w/Dressing Apricots	**Carnitas** Pinto Beans Zucchini and Onions Tossed Salad w/Dressing Tortilla Strawberry Shortcake	**Chicken Parmesan** Noodles Winter Blend Veggies Spinach Salad w/Dressing Garlic Toast Orange	**Lemon Pepper Tilapia** Steamed Rice Carribean Vegetables Coleslaw Biscuit w/Margarine Fresh Grapes
MONDAY 18	**TUESDAY 19**	**WEDNESDAY 20**	**THURSDAY 21**	**FRIDAY 22**
Meatloaf Mashed Potatoes & Gravy Country Blend Vegetables Garden Salad w/Dressing WW Roll w/Margarine Tropical Fruit Cocktail	**GC Chicken Enchilada** Spanish Rice Zucchini and Onions Shredded Lettuce/Diced Tomato Orange	**Polish Sausage** Peppers and Onions Tossed Salad w/Dressing Potato Wedges Diced Pears	**Vegetarian Lasagna** Italian Vegetables Caesar Salad w/Dressing Garlic Toast Banana	**Thanksgiving Dinner** **Turkey and Dressing** Cranberry Salad Green Beans WW Roll w/Margarine Pumpkin Pie
MONDAY 25	**TUESDAY 26**	**WEDNESDAY 27**	**THURSDAY 28**	**FRIDAY 29**
Frito Pie w/Cheese Pinto Beans Chuckwagon Corn Shred Lettuce, Diced Tomato Flour Tortilla Fruit Cocktail	**BBQ Pork Sandwich** French Cut Green Beans Coleslaw Fresh Grapes Cookie	**Chicken Fried Steak** Mashed Potatoes w/Gravy Steamed Mixed Vegetables Garden Salad w/Dressing Biscuit w/Margarine Cantaloupe	**All Centers Closed** 	**All Centers Closed**

Final Approved Menu