



NOVEMBER 2023

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY MEAL PATTERN			1	2	3
Protein = 3oz (minimum) Vegetable = 1/2c (1C leafy greens) Fruit = 1/2c (1/4c dried) Grains = 1/2c or 1oz eq (50% whole grain) Dairy = 1C			Tuna Noodle Cass 8oz Peas & Carrots 4oz Apricots 4oz Garlic Cheddar Biscuit Milk 8oz	BBQ Chicken 3oz Combo Salad 1C Dressing Packet Mixed Fruit 4oz Wheat Roll w/ Margarine Milk 8oz	Cheeseburger (3oz) (on) Whole Grain Bun Lettuce & Tomato / Mustard & Ketchup Potato Salad 4oz Cinnamon Apples 4oz Milk 8oz
6	7	8	9	10	
Shepherd's Pie 8oz Mixed Vegetables 4oz Pears 4oz Wheat Roll w/ Margarine Milk 8oz	Whole Grain Chicken Tenders 4oz (2ea) Mashed Potatoes 4oz Cream Gravy 2oz Corn 4oz Ambrosia Fruit Salad 4oz Milk 8oz	Goulash 8oz Green Beans 4oz Pineapple 4oz Whole Grain Garlic Breadstick Milk 8oz	Ham Salad 4oz (on) Whole Grain Bun Potato Soup 6oz Peaches 4oz Chef's Choice Birthday Cake Milk 8oz		
13	14	15	16	17	
White Bean Chicken Chili 8oz Corn Relish Salad 4oz Apricots 4oz Crackers 2pks Milk 8oz	Fish Sticks 4oz (4ea) Tarter Sauce Mac & Cheese 4oz Cucumber & Tomato Salad 4oz Craisins 1/4c Milk 8oz	Swiss Steak 3oz Cream Peas & Potatoes 4oz Fruit Cocktail 4oz Wheat Roll w/ Margarine Milk 8oz	Roast Turkey 4oz w/ gravy Sweet Potatoes 4oz Cranberry Sauce 4oz Wheat Roll w/ Margarine Milk 8oz	Southwest Chicken Bake 8oz Mixed Vegetables 4oz Pineapple 4oz Whole Grain Garlic Breadstick Milk 8oz	
20	21	22	23	24	
Poor Boy Stew 8oz Three Bean Salad 4oz Peaches 4oz Cornbread Muffin w/ Margarine Milk 8oz	Breaded Chicken Patty 3oz (on) Whole Grain Bun Cheese / Pickles / Mayo Baked Beans 4oz Tropical Fruit 4oz Milk 8oz	Cranberry Meatballs 4oz (4ea) Scalloped Potatoes 4oz Blushing Pears 4oz Wheat Roll w/ Margarine Milk 8oz		CLOSED FOR HOLIDAY	
27	28	29	30	December 1	
Build-A-Breakfast Sandwich Egg Patty(1.5oz) Tky Sausage(1.5oz) Cheese, Whole Grain English Muffin Hashbrowns 4oz 100% Orange Juice 4oz Milk 8oz	Sloppy Joe 4oz (on) Whole Grain Bun Coleslaw w/ Carrots 4oz Pineapple 4oz Milk 8oz	Chicken & Rice Cass 8oz Green Beans 4oz Apricots 4oz Whole Grain Breadstick Milk 8oz	Pimento Cheese Spread 4oz (on) Whole Grain Bun Cream of Tomato Soup 6oz Tropical Fruit 4oz Milk 8oz	Tuna Pasta Salad 8oz Tomato Salad 4oz Applesauce 4oz Crackers 2pks Milk 8oz (All Cold)	