



Menu November 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>For the health and safety of our participants, please do not bring in or share any outside food or drink. Store prepared items may be approved for special occasions.</p>					<p>1 Grilled Cheese and Tomato Soup WW bread, cheddar cheese, tomatoes, applesauce, 1% milk</p>	<p>Meal Pattern Minimum Quantities</p> <p>Fluid 1% milk 8 oz.</p> <p>Meat or Meat Alternative</p> <p>2 oz. mm</p> <p>Vegetables 1/2 cup</p> <p>Fruits 1/2 cup</p> <p>Grains 2 ounces 2 servings or 1 cup</p>
<p>3</p>	<p>4 Red Beans & Rice & Polish Sausage Beans, brown rice, Polish sausage, carrots, celery, onions, bananas, 1% milk</p>	<p>5 Cheesy Chicken Noodle Casserole Chicken, wg penne, cheddar cheese, peas and carrots, peaches, 1% milk</p>	<p>6 Tuna Sandwich Tuna, ww bread, onion, celery, tomato cucumber salad, applesauce, 1% milk</p>	<p>7 Enchilada Casserole Chicken, cheese, ww tortilla, tomatoes, onions, beans, mandarin oranges, 1% milk</p>	<p>8 Harissa Chicken Chicken, potatoes, Carrots, celery, wg roll, oranges, 1% milk</p>	
<p>10</p>	<p>11 Chili Ground turkey, beans, tomatoes, onions, peppers, cheese, cornbread, mixed fruit 1%</p>	<p>12 Pulled Pork Sandwich Pork, wg hamburger bun, coleslaw, pears, 1% milk</p>	<p>13 Breakfast Casserole Eggs, potatoes, sausage, cheese, onions, peppers, 2 pieces WG toast, applesauce, 1% milk</p>	<p>14 Macaroni & Cheese WG macaroni, cheddar cheese, green beans, pears, 1% milk</p>	<p>15 Turkey and Cheese WG bread, sliced turkey, cheddar cheese, potato salad, mandarins, 1% milk</p>	
<p>17</p>	<p>18 Chicken Alfredo Chicken breast, WG pasta, broccoli, cheese, bananas, 1% milk</p>	<p>19 Spaghetti Ground beef, wg noodles, tomatoes, onions, peppers, garlic bread, grapes, 1% milk</p>	<p>20 Taco Salad Ground beef, lettuce, tomatoes, beans, onions, cheese, corn chips, peaches, 1% milk</p>	<p>21 Chicken Noodle Soup Chicken, wg noodles, carrots, celery, onions, mandarins, 1% milk</p>	<p>22 Veggie Lasagna Lasagna noodles, carrots, onions, tomatoes, zucchini, cheese, wg roll, grapes, 1% milk</p>	
<p>24</p>	<p>25 Chicken Tortilla Soup Chicken, wg tortillas, corn, beans, tomatoes, onions, cheese, sour cream, avocado, pears, 1% milk</p>	<p>26 Baked Ravioli Casserole Ravioli, ground beef, cheese, tomatoes, onions, wg bread, mixed fruit, 1% milk</p>	<p>27 Thanksgiving Casserole Turkey, potatoes, celery, onions, green beans, peaches, wg roll, 1% milk</p>	<p>28</p> <p>Closed</p>	<p>29</p> <p>Closed</p>	