




# NOVEMBER 2024 MENU

Milk is to be offered every meal.

Dessert of chef's choice can be added 2 times a week.

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|---|--|--|---|
|  |   |   |  | 1   |
| 4  | 5<br><b>Election Day</b>  | 6  | 7  | 8   |
| Greek Marinated Chicken<br>Brown Rice<br>Whole Wheat Bread<br>Vegetable<br>Fruit | Roast Beef<br>Mashed Potatoes w/Gravy<br>Whole Wheat Roll<br>Vegetable<br>Fruit | Baked Chicken Parmesan<br>w/Noodles<br>Lettuce/Spinach Salad<br>Frozen Fruit Cup   | Meatloaf<br>Mashed Potatoes w/Gravy<br>Whole Wheat Bread<br>Vegetable<br>Fruit               | Ham & Bean Soup<br>Cornbread<br>Vegetable<br>Fruit                |
| 11<br><b>Veteran's Day</b>   | 12  | 13   | 14   | 15  |
| Baked Fish<br>Roasted Red Potatoes<br>Whole Wheat Roll<br>Vegetable<br>Fruit     | Meat Sandwich<br>Potato Soup<br>Whole Wheat Crackers<br>Vegetable<br>Fruit      | <b>Chef's Choice</b>   | Chicken & Dumplings<br>Whole Wheat Bread<br>Vegetable<br>Fruit                               | Vegetable Beef Stew<br>Whole Wheat Roll<br>Romaine Salad<br>Fruit |
| 18   | 19  | 20   | 21   | 22  |
| BBQ Baked Chicken<br>Potato Wedges<br>Whole Wheat Bread<br>Vegetable<br>Fruit    | Sloppy Joe on WW Bun<br>Vegetable<br>Fruit                                      | Taco Casserole<br>Mexican Rice<br>Black or Refried Beans<br>Fruit                  | Brown Sugar Glazed Pork<br>Mashed Potatoes w/Gravy<br>Whole Wheat Roll<br>Vegetable<br>Fruit | Tuna Melt<br>Tator Tots<br>Vegetable<br>Fruit                     |
| 25   | 26  | 27   | 28   | 29  |
| Scalloped Potatoes w/Ham<br>Whole Wheat Bread<br>Vegetable<br>Frozen Fruit Cup   | Chili<br>Whole Wheat Crackers<br>Vegetable<br>Fruit<br>Cinnamon Roll            | Roast Turkey<br>Mashed Potatoes w/Gravy<br>Whole Wheat Bread<br>Vegetable<br>Fruit |         | <b>Chef's Choice</b>  |