


NOVEMBER LUNCH MENU

Table of Measurements
 Breakfast:
 -milk,juice,fruit,vegetable
 grain, bread
 Lunch
 Milk,fluid,meat,1st fruit/
 vegetable,2nd fruit/
 vegetable,grain,bread
 P.M.Snack
 Milk, fluid, meat/meat
 alternate,grain,bread,juice,
 vegetable,fruit,bread

Key:
 Bread— 2 slices
 Veggies/fruit—1/2 cup
 Protein—3 oz.
 Entrée,Casserole, and/or
 soup—1 cup
 Skim or Fat Free Milk/fluid -
 8 oz.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Calories: 543	Calories: 767	Calories: 614	Calories: 777	Calories: 512
6 Chicken & noodles 309c, mashed potatoes 150c, seasoned green beans w/onions 60c. whole grain wheat bread 80c, milk 122c	.7 Egg casserole w/sausage, link 250c, enriched biscuits 160c, milk gravy 110c, hot cinnamon apples 75c, milk 122c	8. Chicken chowder w/dumplings 240c, turkey & cheese on wheat, 200c, mixed fruit cup 75c, milk 122c	9 Swiss steak tomato celery, onion gravy 320c, mashed potatoes 150c, creamed peas 75c, whole grain wheat bread 80c, milk 122c	10. Ham & bean 225c, cornbread muffin 137c, oven fried potatoes 160c w/spinach 60c, milk 122c
Calories: 612	Calories: 717	Calories: 747	Calories: 647	Calories: 577
13 Meatloaf 240c, mashed potatoes 150c, green beans 60c, fruit cocktail 60c, milk 122c	14 White spaghetti w/ chicken 300c, steamed broccoli 150c, chocolate pudding 40c, whole grain wheat bread 80c, milk 122c	15 Chili w/ crackers, 250c, PBJ on white 150c, applesauce 52c, no-bake cookies 86c, milk 122c	16 Pork steak 220 c, a gratin potatoes 50c, Brussels sprouts 80c, whole grain wheat bread 80c, milk 122c	17. Goulash 225 c, Mexican corn 80c, cornbread 137c, fruit cocktail 80c, whole grain bread & butter 80c, Milk 122c
Calories: 482	Calories: 721	Calories: 642	Calories: 572	Calories: 624
20 Tuna noodle casserole 220c, mixed veggies 60c, tropical fruit 75c, whole grain bread & butter 80c, milk 122c	21 Chicken & veggies w/ dumplings 220c, mashed potatoes 150c, vanilla pudding 40c, whole grain bread & butter 80c, milk 122c	22. Baked Turkey, 216c stuffing 176c, noodles 114c, green beans 80c, dinner roll 77c, pumpkin pie 58c, milk 122c	CLOSED THANKSGIVING	CLOSED THANKSGIVING
Calories: 552	Calories: 582	Calories: 612	Calories: 552	Calories: 722
27. Sloppy joe on bun 371c, scalloped potatoes 150c, corn salad 70c, peaches 60c, milk 122c	28. Oven fried chicken 220c, mash potatoes 150c, green beans 70c, apple-sauce75c, Whole grain bread & butter 80c, milk 122c	29.Vegetable soup w/ crackers 150c, ham salad on wheat 180c, banana 60c, milk 122c	30. Hamburger on bun w/ onion, pickle 270c, tater tots 140c, baked beans150c, butterscotch pudding 40c, milk 122	
Calories: 773	Calories: 717	Calories: 512	Calories 722	

For a healthier Thanksgiving, try this version of sweet potato casserole. It is a great alternative for those with Diabetes too!

Slow-Cooker Sweet Potato Casserole with Marshmallows
 Prep – 20m; Ready In - 3h 20m

Recipe By: Carolyn Casner "The genius hack in this recipe: topping sweet potatoes with marshmallows while they're still piping hot from the slow cooker yields a baked marshmallow topping that's typical with baked sweet potato casseroles."

Directions:

Place sweet potatoes, brown sugar, butter, vanilla, salt, pepper, cinnamon and nutmeg in a 5- to 6-quart slow cooker. Stir to coat. Cook on High for 3 hours. Transfer to a serving dish. Top with marshmallows and pecans. (The heat from the sweet potatoes will partially melt the marshmallows.) Equipment: 5- to 6-quart slow cooker
 To find more healthy recipes visit eatingwell.com.



Ingredients:

- 3 pounds sweet potatoes, peeled and diced (1/2 inch)
- 2 tablespoons light brown sugar
- 3 tablespoons melted butter
- 1 teaspoon vanilla extract
- 1 teaspoon salt
- 1/2 teaspoon ground pepper
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/2 cup mini marshmallows
- 1/2 cup toasted chopped pecans