

November LUNCH 2024

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.

*** Entrée Alternative**

Available Per Client Choice

MENU SUBJECT TO CHANGE!

MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY				
																				1 beef veg soup, crackers, ham salad/wheat, hot cinnamon peaches, milk				
																				Calories: 624				
4 chicken dressing cass, peas, cinnamon applesauce, dinner roll, milk					5 chicken alfredo, noodles, broccoli, wheat bread, pears, milk					6 chili soup, PBJ/wheat, corn chips, baked apples, milk					7 chicken noodles, mashed potatoes, green beans, wheat bread, milk					8 ham beans, cornbread, coleslaw, fried potatoes, milk				
Calories: 596					Calories: 587					Calories: 775					Calories: 749					Calories: 752				
11 oven fried chicken, baked beans, scalloped potatoes, wheat bread, milk					12 meatball sub w/cheese, cheesy garlic potatoes, green beans and milk					13 Asian chicken broccoli, brown rice, pork eggroll, mandarin oranges, milk					14 special burrito, lettuce, tomato, sour cream, refried beans, apple bake, milk					15 spaghetti w/meat, garlic bread, corn, fruit cocktail w/Jello, milk				
Calories: 497					Calories: 694					Calories: 649					Calories: 621					Calories: 641				
18 beef stew, wheat bread, season green beans, spiced peach, milk					19 Jumbo baker, seasoned pork, cheese, onion, sr cream, broccoli, wheat bread, milk					20 meatloaf, mashed potato, carrots, dinner roll, milk					21 sloppy joe on garlic bread, au gratin potatoes, baked beans, milk					22 mac/cheese w/ham, peas, pears, wheat bread, milk				
Calories: 540					Calories: 596					Calories: 589					Calories: 614					Calories: 710				
25 Thanks pizza(turkey, MP,stuffing,cheese, gravy) sweet pot, gr bean cass, pumpkin pie, milk					26 polish sausage, cabbage, carrots, wheat bread, milk					27 chicken fajita, tortilla, refried beans, mandarin oranges, milk					28 closed Happy Thanksgiving					29 closed				
Calories: 785					Calories: 630					Calories: 621					Calories:					Calories:				