






NOVEMBER 2023



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 Orange Chicken Chicken, brown rice, broccoli, carrots, celery, onion, garlic, mandarin oranges, 1% milk</p>	<p>2 Burrito Bowls Beans, brown rice, ground beef, tomatoes, onion, cheese, pears, 1% milk</p>	<p>3 Breakfast Casserole Eggs, sausage, hash-browns, peppers, onions, cheese, ww toast, applesauce, 1% milk</p>	4
<p>5</p> 	<p>6 French Dip Roast beef, wg roll, coleslaw, mixed fruit, 1% milk</p>	<p>7 Enchilada Casserole Chicken, beans, corn, cheese, ww tortilla, applesauce, 1% milk</p>	<p>8 Beef Stew Beef, potatoes, carrots, celery, wg roll, pears, 1% milk</p>	<p>9 Pasta Fagioli Chicken sausage, wg pasta, carrots, onions, tomatoes, bread sticks, peaches, 1% milk</p>	<p>10 Smoked Turkey & White Bean Soup Turkey, beans, carrots, onion, kale, wg roll, oranges, 1% milk</p>	<p>11</p> 
12	<p>13 Chili Ground turkey, beans, tomatoes, onions, peppers, corn-bread, peaches, 1% milk</p>	<p>14 Reuben Casserole Corned beef, sauerkraut, onions, swiss cheese, ww roll, mandarin oranges, 1% milk</p>	<p>15 Apple Cider Chicken Chicken, apples, onions, potatoes, wg roll, peaches 1% milk</p>	<p>16 Macaroni & Cheese WG macaroni, cheddar cheese, green beans, pears, 1% milk</p>	<p>17 Pinto Bean Casserole Beans, onions, tomatoes, cheese, ww tortillas, mixed fruit, 1% milk</p>	<p>Meal Pattern Minimum Quantities</p> <p>Fluid 1% milk 8 oz.</p> <p>Meat or Meat Alternative 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>
19	<p>20 French Toast WW bread, eggs, turkey sausage, tomato-vegetable juice, oranges, 1% milk</p>	<p>21 Chicken Cordon Blue Chicken, ham, swiss cheese, wg noodles, green beans, peaches, 1% milk</p>	<p>22 Thanksgiving Casserole Turkey, potatoes, celery, onions, green beans, peaches, wg roll, 1% milk</p>	<p>23</p> <p>Closed </p>	<p>24</p> <p>Closed</p>	
26	<p>27 Beef Stew Beef, potatoes, carrots, celery, wg roll, fruit cocktail, 1% milk</p>	<p>28 Taco Salad Ground turkey, cheese, beans, tomatoes, onions, green salad, corn chips, oranges, 1% milk</p>	<p>29 Pulled Pork Sandwich Pork, wg hamburger bun, coleslaw, pears, 1% milk</p>	<p>30 French Toast WW bread, eggs, turkey sausage, tomato-vegetable juice, oranges, 1% milk</p>		