




NOVEMBER 2018



Monday	Tuesday	Wednesday	Thursday	Friday
5 Cheese Enchilada With Chicken In Red Sauce Brussel's Sprouts Succotash Sliced Pears Milk	6 Beefy Patty With Gravy Oatmeal Cookie Mashed Potatoes Homemade Carrot Salad Fruit Cocktail Milk	7 Tuna Noodle Casserole (Pasta) Green Beans Homemade Cole Slaw Sliced Peaches Milk	8 Chicken Leg W/ Lemon Pepper Slice Of Whole Wheat Bread Sweet Potatoes Cauliflower Applesauce Milk	9 Hawaiian Chicken Salad Crackers Romaine Salad , Pickled Beets Pea Salad Orange Milk
12 Closed For Veteran's Day If You Need A Meal Speak To Your Site Manager	13 Chicken Patty With BBQ Sauce Graham Crackers Roasted Potatoes And Carrots Winter Blend Vegetables Fresh Apple Milk	14 Cheese Ravioli With Chicken In White Sauce Broccoli Summer Squash Apricot Halves, Birthday Muffin Milk	15 Sweet And Sour Meatballs Brown Rice Corn Pickled Beets Orange Milk	16 Meat And Cheese Lasagna (Pasta) Cooked Seasoned Spinach Italian Blend Vegetables Banana Milk
19 Omelet With Cheese Blueberry Muffin Baked Potato Stewed Tomato Mandarins And Pineapple Milk	20 Breaded Haddock Brown Rice Cauliflower Homemade Carrot Salad Sliced Pears Milk	21 Turkey, Mashed Potatoes Gravy, Stuffing Glazed Carrots Tangerines Pumpkin Pie, Dinner Roll Milk	22 Closed For Thanksgiving If You Need A Meal Speak To Your Site Manager	23 Closed For Thanksgiving If You Need A Meal Speak To Your Site Manager
26 Pork Rib Patty Oatmeal Cookie Roasted Potatoes And Carrots Lima Beans Orange Milk	27 Cheese Enchilada With Chicken In White Sauce Broccoli Parslied Carrots Apricot Halves Milk	28 Spaghetti With Meatballs (Whole Wheat Pasta) Cooked Seasoned Spinach Homemade Carrot Salad Banana Milk	29 Chicken Stew Crackers Brussel Spouts Green Beans Fruit Cocktail Milk	30 Beefy Taco Salad Tostada Romaine Lettuce, Corn Salad Pickled Beets Mandarin Pineapple Milk

Please make your meal reservations or cancellations two working days ahead.

NOTE: U.S. Dietary Guidelines recommend that we consume fewer than 2300 mg of sodium a day. Meals on this menu marked with  contain over 1000 mg of sodium. We are still researching the sodium content of our recipes and attempting to reduce the sodium content of the meals. Try to balance your sodium intake throughout the rest of the day.