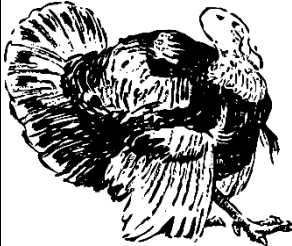



MENU November 2023 (Breakfast)

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Scrambled Eggs with Diced Peppers and Ham Whole Grain Corn Muffins Strawberries 1% Low Fat Milk	2 Cheerios Egg Whites Whole Wheat Breakfast Burrito with Turkey Banana 1% Low Fat Milk	3 Bran Flakes Cereal Cheddar and Potato Bake Blueberries Whole Grain Apple Cinnamon Muffin (pre-prepared) 1% Low Fat Milk
6 Egg Whites Instant Maple Flavored Oatmeal (1/2 cup) Pancakes (pre-prepared) Orange 1% Low Fat Milk	7 Cinnamon Toast Crunch (Reduced Sugar) Vegetable Egg Frittata Yogurt Parfait with Peaches 1% Low Fat Milk Margarine	8 Hard Boiled Egg Oatmeal (1 cup) Plain French Toast (pre-prepared) Banana 1% Low Fat Milk Pancake Syrup Reduced Fat Cream Cheese	9 Apple Pie Oatmeal Cheese Omelet (pre prepared) Apple 1% Low Fat Milk Margarine	10 Cheddar and Potato Bake Whole Grain Waffle (pre-prepared) Orange 1% Low Fat Milk
13 Egg Whites Oatmeal (1 cup) Tropical Waffles with Mangoes and Whipped Cream Orange 1% Low Fat Milk Apple Juice	14 Banana Nut Muffin (pre-prepared) Vegetable Egg Frittata Apple 1% Low Fat Milk Reduced Fat Cream Cheese (1oz)	15 Apple Pie Oatmeal Cinnamon French Toast (pre-prepared) Hard Boiled Egg Banana 1% Low Fat Milk Pancake Syrup	16 Cheddar and Potato Bake Cinnamon Toast Crunch (Reduced Sugar) Blackberries 1% Low Fat Milk	17 Apple Pancakes Farina Hard Boiled Egg Blueberries * 1% Low Fat Milk Pancake Syrup
20 Instant Maple Flavored Oatmeal (1/2 cup) Vegetable Egg Frittata Whole Grain Apple Cinnamon Muffin (pre-prepared) Pear 1% Low Fat Milk Ketchup (9g packet)	21 Cheerios Cinnamon Whole Wheat French Toast Hard Boiled Egg Yogurt Parfait with Blueberries 1% Low Fat Milk Pancake Syrup	22 Creamy Oat Bran (1/2 cup) Scrambled Eggs with Swiss Whole Wheat Bread Banana 1% Low Fat Milk Margarine	23 Egg Frittata with Potatoes and Peas Mixed Berry and Quinoa Breakfast Bake Apple 1% Low Fat Milk	24 Ketchup (9g packet) Egg Whites Farina Orange 1% Low Fat Milk
27 Grits (1 cup) Multigrain Cheerios Scrambled Eggs Canned Pears 1% Low Fat Milk	28 Creamy Apple-Raisin Oatmeal Whole Wheat Breakfast Burrito with Turkey Orange 1% Low Fat Milk Margarine	29 Omelette with Peppers and Onions Toasted Oats Cereal Banana 1% Low Fat Milk Pancake Syrup	30 Instant Maple Flavored Oatmeal (1/2 cup) Multigrain Bread Spinach and Cheese Frittata Canned Pineapple 1% Low Fat Milk Apple Butter Cottage Cheese (3/4 cup)	



MENU November 2023 (Lunch)

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Stewed Pork Chops Whole Wheat Bread Baby Carrots and Parsley * Homemade Mashed Potatoes Applesauce * 1% Low Fat Milk	2 Mushroom Barley Soup Baked Chicken Quarters Whole Wheat Dinner Roll Roasted Turnips * Sautéed Green Beans with Onions Canned Pineapple * 1% Low Fat Milk	3 Lemon Salmon - OR - Vegetarian Soy Burger (pre-prepared) Whole Wheat Bread -OR - Whole Wheat Hamburger Bun Baked Fries (pre-prepared) Broccoli with Teriyaki Sauce * Apple 1% Low Fat Milk
6 Teriyaki Chicken Legs Whole Wheat Bread Baked Red Potato Wedges Oriental Blend Vegetables Canned Mandarin Oranges * 1% Low Fat Milk	7 Cauliflower Soup Sweet Potato and Red Bean Chili Whole Wheat Dinner Roll Corn Niblets, Apple 1% Low Fat Milk Chocolate Pudding	8 Banana 1% Low Fat Milk Turkey with Gravy Pumpkin Stuffing California Blend Vegetables * Sweet Baked Yams	9 Teriyaki Pork Loin Whole Wheat Dinner Roll Kashmir Brown Rice Vegetable Mix (non-starchy)* Orange 1% Low Fat Milk	10 Pineapple Glazed Salmon -OR - California Veggie Burger (pre-prepared) Whole Wheat Hamburger Bun Broccoli and Red Peppers * Tomato Salad with Basil * Fruit Cocktail * 1% Low Fat Milk
13 Chicken Burger Swiss Cheese Slice Whole Wheat Hamburger Bun Roasted Mushrooms Stewed Tomatoes Orange 1% Low Fat Milk	14 Baked Pork Chops Multigrain Bread Oriental Blend Vegetables Canned Sliced Peaches * 1% Low Fat Milk	15 Roasted Tomato Soup Whole Wheat Rotini with Spinach, Chickpeas, and Garlic Whole Wheat Dinner Roll Steamed Broccoli * Apple 1% Low Fat Milk	16 Party Day Roasted Turkey Breast Corn Bread Sweet Baked Yams Corn, Carrot, Peas & Green Bean Veg Blend and Pumpkin Stuffing Applesauce Rice Pudding 1% Low Fat Milk	17 Baked Marinated Fish - OR - Turkey Burger with Cheese Home Fries with Peppers and Onions Whole Wheat Hamburger Bun Spiced Mixed Vegetables (non-starchy) * Canned Pears * 1% Low Fat Milk
20 BBQ Pork Chops Whole Wheat Dinner Roll Baked Red Potato Wedges Prince Edward Blend Vegetables * Applesauce * 1% Low Fat Milk	21 Mushroom and Lentil Stroganoff Whole Wheat Bread Baked Potato Broccoli with Toasted Garlic * Orange 1% Low Fat Milk	22 Steamed Cauliflower * Sweet Baked Yams Banana 1% Low Fat Milk Roasted Turkey Breast Turkey Gravy (from powdered mix) Pumpkin Stuffing	23 Oven Fried Chicken Multigrain Bread Garlic Mashed Potatoes Steamed Green Beans * Fruit Cocktail * 1% Low Fat Milk	24 Baked Flounder - OR - Vegetarian Soy Burger (pre-prepared) Whole Wheat Hamburger Bun Baked Fries (pre-prepared) Sweet and Sour Brussel Sprouts Canned Pears * 1% Low Fat Milk
27 Black Bean Fajitas Whole Wheat Bread Mixed Green Salad * Zucchini with Onions and Peppers * Orange 1% Low Fat Milk	28 Lemon Chicken Half White Half Brown Rice (1 cup) Broccoli with Toasted Garlic * Canned Sliced Peaches * 1% Low Fat Milk	29 Hearty Winter Minestrone Soup Cheese Manicotti (pre-prepared) Whole Wheat Dinner Roll Italian Blend Vegetables * Banana 1% Low Fat Milk	30 Baked Pork Multigrain Bread California Blend Vegetables * Sweet Baked Yams Canned Apricots * 1% Low Fat Milk	