




BREAKFAST MENU November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheddar and Potato Bake Whole Grain Waffle (pre-prepared) Canned Pears 1% Low Fat Milk Pancake Syrup
4 Egg Whites Oatmeal (1 cup) Tropical Waffles with Mangoes and Whipped Cream Orange 1% Low Fat Milk Pancake Syrup	5 Instant Maple Flavored Oatmeal (1/2 cup) Vegetable Egg Frittata Whole Wheat Blueberry Muffins Canned Sliced Peaches 1% Low Fat Milk Ketchup (1 Tbsp)	6 Apple Pie Oatmeal Cinnamon French Toast (pre-prepared) Hard Boiled Egg Fruit Cocktail 1% Low Fat Milk Pancake Syrup	7 Cheddar and Potato Bake Multigrain Cheerios Applesauce with Mango and Orange 1% Low Fat Milk Ketchup (1 Tbsp)	8 Apple Pancakes Hard Boiled Egg Oatmeal (1 cup) Apple 1% Low Fat Milk Pancake Syrup
11 Egg and Broccoli Scramble Instant Maple Flavored Oatmeal (1/2 cup) Whole Grain Apple Cinnamon Muffin (pre-prepared) Canned Pears 1% Low Fat Milk Ketchup (9g packet)	12 Farina Plain French Toast (pre-prepared) Vegetarian Western Omelette Orange 1% Low Fat Milk Pancake Syrup	13 Bran Flakes Cereal Scrambled Eggs with Swiss Whole Wheat Bread Apple 1% Low Fat Milk Margarine	14 Creamy Apple-Raisin Oatmeal Hard Boiled Egg Whole Wheat Cinnamon Pancakes Orange 1% Low Fat Milk Ketchup (1 Tbsp)	15 Cheerios Egg Whites English Muffin, Whole Wheat Muenster Cheese Slice Canned Sliced Peaches 1% Low Fat Milk Ketchup (9g packet)
18 Oat Bran Scrambled Eggs Whole Wheat Cinnamon Pancakes Canned Pears 1% Low Fat Milk	19 Cheddar and Potato Bake Creamy Apple-Raisin Oatmeal Strawberry Applesauce 1% Low Fat Milk Margarine	20 Cheese Omelet (pre prepared) Grits (1 cup) Whole Wheat Mini Bagel Banana 1% Low Fat Milk Pancake Syrup	21 Egg White Omelette with Peppers and Onions Instant Maple Flavored Oatmeal (1/2 cup) Multigrain Bread Orange 1% Low Fat Milk	22 Coconut Banana Whole Wheat French Toast Cottage Cheese (3/4 cup) Hard Boiled Egg Apple 1% Low Fat Milk Pancake Syrup
25 Creamy Apple-Raisin Oatmeal Egg and Broccoli Scramble Home Fries Canned Sliced Peaches 1% Low Fat Milk Ketchup (1 Tbsp)	26 Cottage Cheese (3/4 cup) Egg Frittata with Potatoes and Peas Grits (1 cup) Apple 1% Low Fat Milk Ketchup (1 Tbsp)	27 Cinnamon Whole Wheat French Toast Hard Boiled Egg Wheatena Banana 1% Low Fat Milk Pancake Syrup	28 Thanksgiving Day Center Closed	29 Day after Thanksgiving Center Closed



LUNCH MENU November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Baked Fish with Lemon Garlic Butter Sauce Baked Brown Rice Pilaf Mashed Potato Style Broccoli Canned Pineapple * 1% Low Fat Milk
4 Baked Marinated Fish Confetti Brown Rice Prince Edward Blend Vegetables * Canned Mandarin Oranges * 1% Low Fat Milk	5 ELECTION DAY Sicilian Lentil Pasta Whole Wheat Bread Cucumber and Tomato Salad with Balsamic Vinaigrette Roasted Zucchini * Apple 1% Low Fat Milk Whole Grain Vanilla Wafers (pre-prepared)	6 Deluxe Cheeseburger with Onions Whole Wheat Hamburger Bun Baked Fries (pre-prepared) Sautéed Green Beans with Onions * Fruit Cocktail * 1% Low Fat Milk	7 Cranberry Chicken Whole Wheat Dinner Roll Haluski (Noodles and Cabbage) Steamed Broccoli * Canned Sliced Peaches * 1% Low Fat Milk	8 Stewed Pork Chops Multigrain Bread Steamed Broccoli * Sweet Baked Yams Orange 1% Low Fat Milk
11 VETERANS DAY Turkey and Beef Salisbury Steak with Mushroom Gravy Whole Wheat Bread Baked Red Potato Wedges Steamed Green Beans * Apple 1% Low Fat Milk	12 Vegan Whole Wheat Spaghetti Carbonara with Tofu Ricotta Whole Wheat Dinner Roll Broccoli with Toasted Garlic * Sliced Cucumbers and Tomatoes Orange 1% Low Fat Milk Tapioca Pudding (pre-prepared)	13 Baked Mushroom Chicken Multigrain Bread Baby Carrots and Parsley * Parmesan Rosemary Mashed Potatoes Canned Pears * 1% Low Fat Milk	14 Teriyaki Pork Loin Whole Wheat Bread Steamed Cauliflower * Sweet Baked Yams Applesauce * 1% Low Fat Milk	15 Lemon Salmon Yellow Rice Zucchini Provencal * Canned Pineapple * 1% Low Fat Milk Whole Grain Vanilla Wafers (pre-prepared)
18 Baked Pork Chops Gravy Whole Wheat Bread Steamed Cauliflower * Sweet Baked Yams Applesauce * 1% Low Fat Milk	19 Classic Lentil Soup (pre-prepared) Tasty Whole Wheat Lo Mein with Chickpeas Whole Wheat Dinner Roll Broccoli with Teriyaki Sauce * Canned Sliced Peaches * 1% Low Fat Milk	20 Beef Meatloaf with Mushroom Gravy Multigrain Bread Homemade Mashed Potatoes Sautéed Green Beans with Onions * Canned Pineapple * 1% Low Fat Milk Whole Grain Vanilla Wafers (pre-prepared)	21 PARTY DAY Roasted Turkey Breast Dinner Roll Sweet Baked Yams Cauliflower Stuffing Fruit Cocktail Rice Pudding 1% Low Fat Milk	22 Baked Marinated Fish Brown Rice (1 cup) California Blend Vegetables * Apple 1% Low Fat Milk
25 Lemon Chicken Whole Wheat Dinner Roll Normandy Blend * O'Brien Potatoes Orange 1% Low Fat Milk Whole Grain Vanilla Wafers (pre-prepared)	26 Mama's Pasta Fagioli Whole Wheat Bread Italian Cut Green Beans * Roasted Zucchini Canned Sliced Peaches * 1% Low Fat Milk Tapioca Pudding (pre-prepared)	27 Mushroom Barley Soup Baked Pork Chops Multigrain Bread Cabbage Casserole Applesauce * 1% Low Fat Milk	28 Thanksgiving Day Center Closed	29 Day after Thanksgiving Center Closed