




# November 2018

11/04 Daylight  
saving time ends

Mon	Tue	Wed	Thu	Fri
<p>All meals meet RDI regulations. Each day a bread group item, butter and <u>milk will be served.</u> Rich desserts, rice and gravies are optional to each participant. No salt or margarine added to vegetables and meats unless specified. All instant potatoes and breads have some salt, margarine and sugar. Please use the suggestion box to express your opinion of the daily meals. <u>The Nutrition Program reserves the right to change menus.</u></p>				
<p>3 Country Baked Steak &amp; Gravy, Mashed Potatoes, Peas, WW Bread, Fruit, 2% Milk</p>	<p>6 Spaghetti with Meat and tomato sauce Tossed Salad, Garlic Bread, Fruit 2% Milk</p>	<p>7 BBQ &amp; Bun Cole Slaw, Baked Beans Potato Tots Fruit, Cookie, 2% Milk</p>	<p>8 Chicken Tenders Potato Wedges Peas WW Bread Pudding, 2% Milk</p>	<p>2 Mixed Vegetable Soup, Tuna Salad Sandwich on WW Bread, carrots, pineapples, 2% Milk</p>
<p>12 <b>Center's Closed Veteran's Day</b></p> 	<p>13 Chicken Stew, egg noodles, Broccoli, Pear Halves, WW Bread, 2% Milk</p>	<p>14 Hot Dog w/Chili, Cole Slaw, onions Potato Fries Baked Beans Pudding 2% Milk</p>	<p>15 Stuffed Green Peppers, Scalloped Potatoes Creamy Peas WW Bread, Pudding 2% Milk</p>	<p>16 Great Northern Beans Chopped onions Cornbread Spinach Fruit, 2% Milk</p>
<p>19 Hamburger on WW Bun, lettuce, tomato, onion, corn, pineapples, oven fries, 2% Milk</p>	<p>20 Taco Salad / Chips Tossed Salad, shredded cheese Corn, Pudding 2% Milk</p>	<p>21 Roast Turkey, Gravy, mashed potatoes, Carrots, WW Rolls, Pumpkin Pie Ice Cream, Cranberry Sauce, 2% Milk</p>	<p>22 <b>Center's Closed-Happy Thanksgiving</b></p> 	<p>23 <b>Center's Closed-</b></p> 
<p>26 Lasagna w/meat Tossed Salad Garlic Bread Fruit 2% Milk</p>	<p>27 Chicken Wing Dings Parsley Potatoes Green Beans, WW Bread Pudding, 2% Milk</p>	<p>28 Tomato Soup Ham Sandwich with Cheese, Crackers, Lettuce, Cookie Apricots, 2% Milk</p>	<p>29 Scrambled Eggs Hash Brown Potatoes Sausage Gravy Biscuit Applesauce, 2% Milk</p>	<p>30 <b>Cook's Choice</b></p>