



November 2025



Mon	Tue	Wed	Thu	Fri
3 Boneless Chicken Wings, Corn, Cauliflower, Peaches, WW Bread, 2% Milk	4 Spaghetti, Meatballs, Garden Salad, Garlic Bread, Applesauce, 2% Milk	5 Fish Sticks, Broccoli, Carrots, Oranges, WW roll, Pudding 2% Milk	6 Cheeseburgers w/ Lettuce, Tomato, onion, Pickles, Tater rounds, Green Beans, Peaches, 2% Milk	7 Lima Beans, Hashbrown, Cornbread , Pears, Boiled Cabbage, Onions, 2% Milk
10 Vegetable Beef Soup, Peanut Butter Sandwich, Broccoli, Peaches, 2% Milk	11 CENTERS CLOSED 	12 Hot Dog with Chili, Cole Slaw, Onions, Baked Beans, Fruit Cocktail, 2% Milk	13 Cheese Lasagna Roll Up w/ Marinara, Salad w lettuce, tomato, onion, Garlic Bread-stick, Pineapples, 2% Milk	14 Pinto Beans Cornbread, Parsley Potatoes, Mixed Greens, Applesauce, 2% Milk
17 Scrambled Eggs, Hash Brown, Sausage Patty, Biscuit, Gravy, Cinnamon Apples, stewed tomatoes 2% Milk	18 Chicken Alfredo, carrots, Broccoli, Garlic Bread, Peaches, 2% Milk	19 Potato Soup, Ham And Cheese Sandwich, Oranges, peas, 2% Milk	20 Taco Salad / Chips, Meat, Lettuce, Cheese, Tomatoes, Onions, corn Pineapples, 2 % Milk	21 Navy Beans, onions, Cornbread, hashbrown, Applesauce, Mixed Greens, 2% Milk
24 Baked Fish, sweet potato fries, Pears, Spinach, WW Bread, 2% milk	25 Broccoli and Cheese Soup, Tuna Salad Sandwich w/ Lettuce, Tom, Onion, Pickles, Carrots, Peaches, 2% milk	26 Baked Turkey w/ Gravy, Potatoes, Green Beans, WW Roll, Pumpkin Pie, 2% Milk Festive Meal	27 CENTERS CLOSED 	28 Centers Closed 

All meals meet RDI regulations. Each day a bread group item, butter and milk will be served. 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.

The Nutrition Program reserves the right to change menus.



Summersville • Craigsville • Nettie • Richwood