Nicholas Community Action Partnership, Inc.
SUPPORT • EMPOWER • GROW

November



Monday	Tuesday	Wednesday	Thursday	Friday
2 **Vegetable Beef Soup**, Peanut Butter Sandwich, Green Beans, Pears, 2% Milk	**3** **Chicken Alfredo**, peas, Broccoli, Garlic Bread, Peaches, 2% Milk	**4** **Cheeseburgers w/ Lettuce, Tomato, onion, Pickles,** Tater rounds, Carrots, Fruit Cocktail, 2% Milk	**5** **Fish Sticks,** corn, potato wedges, Oranges, WW roll, Pudding, 2% Milk	**6** **Pinto Beans** Cornbread, Parsley Potatoes, Mixed Greens, Applesauce, 2% Milk
9 **Smoked Sausage** with Sour Kraut, Fruit Cocktail, Peas, WW Roll, 2% Milk	**10** **Chicken Tenders**, sweet potato fries, Oranges, green beans, WW Bread, 2% milk	**11 CENTERS CLOSED** 	**12** **Taco Salad** / Chips, Meat, Lettuce, Cheese, Tomatoes, Onions, corn Pineapples, 2 % Milk	**13** **Great Northern Beans,** Cornbread, Spinach, carrots, Cinnamon Apples, Onions, 2% milk
16 **Scrambled Eggs,** Hash Brown, Sausage Gravy, Biscuit, applesauce, stewed tomatoes 2% Milk	**17 FESTIVE MEAL** Turkey, Stuffing, Gravy, Mashed Potatoes, Green Beans WW Roll, Pumpkin Fluff, 2% Milk	**18** **Potato Soup, Ham And** Cheese Sandwich, oranges, peas, 2% Milk	**19** **Hot Dog** with Chili, Cole Slaw, Onions, Sweet potato fries, Baked Beans, Fruit Cocktail, 2% Milk	**20** **Navy Beans**, onions, Cornbread, hashbrown, pears, Mixed Greens, 2% Milk
23 **Broccoli and Cheese Soup,** Ham and cheese Sandwich, Fruit Cocktail, 2% Milk	**24** **Baked Fish**, potato tots, Carrots, Oranges, WW bread, Pudding, 2% Milk	**25 Center's Closed** 	**26 Center's Closed** 	**27 Center's Closed** 
30 Pork BBQ, WW bun, baked beans, coleslaw, sweet potato fries, pears, 2% milk		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.**		

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