

## NOVEMBER MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY LUNCH FROM HOME
<b>11/4-11/8</b>	* Turkey Cabbage Soup over Rice, Carrots. Celery, Cucumber w/Ranch, Apple, Milk	* Chicken Parmesan Casserole, Green Salad, Orange Milk	*Veggie Cheeseburger, Tater Tots, Pineapple, Milk	Egg/Bacon/Ham Fried Rice, Green Beans, Watermelon, Milk	
<b>11/12-11/15</b>	<b><i>Closed for Veterans Day</i></b>	* Black Bean/Cheese Burrito, Kernel Corn Orange Milk	*Spaghetti, Garlic Bread, Green Beans, Pineapple, Milk	*Hamburger Stew over Rice, Green Salad, Watermelon, Milk	
<b>11/18-11/22</b>	*Chicken Dumpling Soup, Carrots. Celery, Cucumber w/Ranch, Apple, Milk	* Macaroni & Cheese, Green Beans, Orange, Green Beans	Turkey Gravy, Mashed Potatoes, Kernel Corn, Buttered Roll, Fruit Salad, Milk	Chili, Green Salad, *Homemade Cornbread, Watermelon, Milk	
<b>11/25-11/27</b>	* Tomato/Mac Soup, Cheese Cubes, Carrots. Celery, Cucumber w/Ranch, Apple, Milk	* Beef Lo Mein, Green Salad, Orange Milk	* Creamy Chicken Enchilada, Coleslaw, Pineapple, Milk	<b><i>Closed for Thanksgiving</i></b>	<b><i>Closed for Thanksgiving</i></b>
<b>AM SNACK</b> 8:30-10:30	Banana Graham Crackers	Apple, Wheat Thins	Orange Tortilla Chips w/Salsa	Tangerine Rice Cakes	Yogurt Fruit Smoothies
<b>PM SNACK</b> 2-3:15pm	Orange Triscuits	Blueberries, Bagel w/Cream Cheese	Applesauce Sesame Thins	Strawberry Yogurt, Animal Crackers	Celery, Carrots, Cucumbers, Hummus, Pita Bread

\*Home-made. Based on availability, whole grains or partial whole grains are used for pasta and other dishes. Whole milk served for children 1-2 years old; two years and older served unflavored 1% milk or fat free. **Lunch and snack substitutions are made for young toddlers.** Menu follows USDA standards. **Water served with all snacks.** Menu based on availability of ingredients and subject to change. Most lunch recipes can be found at <https://www.facebook.com/groups/752510054934732> This institute is an equal opportunity provider.