






Salad-to-Go Options Available Monday through Friday for Lunch or Dinner are Garden, Chicken Caesar or Veggie Buffalo Wing Salad

MONDAY 11/27/17	TUESDAY 11/28/17	WEDNESDAY 11/29/17	THURSDAY 11/30/17	FRIDAY 12/1/17	SATURDAY 12/2/17	SUNDAY 12/3/17
Fresh fruit is available at all meals						
<p>Orange Juice Fresh Fruit</p> <p>Sausage and Biscuit Sandwich Oatmeal Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit</p> <p>Hard Cooked Eggs Assorted Muffins Cream of Wheat Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit</p> <p>Cheese Omelet Malt-O-Meal Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit</p> <p>Corned Beef Hash and Toast Oatmeal Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit</p> <p>Scrambled Eggs Hot Whole Grain Cereal Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit</p> <p>2 Sausage Links Cream Filled Bismark Cream of Wheat Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit</p> <p>Ham Patty Jelly Donut Malt-O-Meal Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>
<p>Chicken Gumbo Soup Beef Stroganoff over Noodles</p> <p>Ham Stromboli</p> <p>Stewed Tomatoes Capri Vegetable</p> <p>Chilled Peaches Apple Pie</p> <p>Coffee-Tea-Milk</p>	<p>Vegetarian Vegetable Soup</p> <p>Italian Casserole Roasted Vegetable/Bean Burrito w/ Pico Del Gallo</p> <p>Capri Blend Vegetables Baby Carrots</p> <p>Pineapple Chunks Banana Bread</p> <p>Coffee-Tea-Milk</p>	<p>Beef Barley Soup Southwestern Chicken Oven Roasted Red Potatoes</p> <p>Beef and Broccoli Stir Fry</p> <p>Brussels Sprouts Country Blend Vegetables</p> <p>Chilled Mandarin Orange Salad Gene's Chocolate Chocolate Chip Cookies</p> <p>Coffee-Tea-Milk</p>	<p>Chicken Wild Rice Soup 2 Corn Dogs</p> <p>Soft Shell Tacos</p> <p>Spinach Island Blend Vegetables</p> <p>Macaroon Cookie Tropical Fruit Salad</p> <p>Coffee-Tea-Milk</p>	<p>Cream of Tomato Soup Pepperoni Pizza Fish Sandwich / French Fries</p> <p>Sliced Carrots Cauliflower</p> <p>Cole Slaw</p> <p>Red White and Blue Dessert</p> <p>Coffee-Tea-Milk</p>	<p>Vegetable Beef Soup California Burger / Kettle Chips</p> <p>Tuna Salad Sandwich / Kettle Chips</p> <p>Oriental Blend Vegetables Italian Vegetables 3 Bean Salad Bread Pudding w/ Vanilla Sauce</p> <p>Coffee-Tea-Milk</p>	<p>Chicken Florentine Soup Chicken Sandwich w/Lettuce & Tomato</p> <p>Grilled Ham and Cheese Sandwich French Fries</p> <p>Chateau Blend Vegetables Monte Carlo Blend Vegetable Pickled Beet Salad Butter Toffee Cookie Coffee-Tea-Milk</p>
<p>Oven Fried Chicken Rice Pilaf Kielbasa Sausage and Cabbage</p> <p>California Vegetables Spinach Broccoli and Cauliflower Relish Plate Strawberry Yogurt Parfait</p> <p>Coffee-Tea-Milk</p>	<p>Hot Roast Beef Sandwich Chicken Stew / Bread Bowl</p> <p>Broccoli Diced Beets Chilled Fruit cocktail Blue Berry Delight</p> <p>Coffee-Tea-Milk</p>	<p>BBQ Chicken Drumsticks Salisbury Steak Mashed Potatoes</p> <p>Scandinavian Vegetables Wax Beans Grapes Frozen Yogurt</p> <p>Coffee-Tea-Milk</p>	<p>Beef Chili Cheese Quiche Peas and Carrots Baked Squash Chilled Applesauce Marble Cake</p> <p>Coffee-Tea-Milk</p>	<p>Ham Loaf Garlic Herbed Chicken Breast Baked Potato Corn Mixed Vegetables Marinated Vegetable Salad Butterscotch Pudding</p> <p>Coffee-Tea-Milk</p>	<p>Beanie Weenie Casserole Chicken and Broccoli over Rice Steamed Cabbage Stewed Tomatoes Tomato Juice with Celery Sticks Vanilla Wafers Coffee-Tea-Milk</p>	<p>Smothered Steak Mashed Potatoes</p> <p>Turkey Pot Pie</p> <p>Mixed Vegetables Oregon Bean Mix Tossed Salad Cherry Pie</p> <p>Coffee-Tea-Milk</p>




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Fresh fruit is available at all meals						
<p>Orange Juice Fresh Fruit Pancakes /Sausage Links Oatmeal Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p> 	<p>Orange Juice Fresh Fruit Assorted Donuts Sausage Patty Cream of Wheat Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Ham and Cheese Omelet Malt-O-Meal Assorted Dry Cereal Toast w/ jelly</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit French Toast / Syrup Applewood Bacon Oatmeal Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p> 	<p>Orange Juice Fresh Fruit Scrambled Eggs Cream of Rice Cereal Assorted Dry Cereal Toast w/ jelly</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit 2 Sausage Links Sugared Cake Donut Cream of Wheat Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p> 	<p>Orange Juice Fresh Fruit Ham Patty Cinnamon Coffee Cake Malt-O-Meal Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>
<p>Cream Mush. Soup Teriyaki Chicken with Steamed Rice Pork Chow Mein on Steamed Rice Monterey Vegetables Green Beans</p> <p>Assorted Chilled Juices / Fresh Fruit</p> <p>Peach Delight</p> <p>Coffee-Tea-Milk</p>	<p>Chicken Noodle Soup Stuffed Peppers Grilled Turkey and Swiss on Potato Bread/ Pickle Spear Steamed Cabbage Oriental Blend Vegetables Chateau Vegetables</p> <p>Tropical Fruit Salad Lemon Cookie</p> <p>Coffee-Tea-Milk</p>	<p>Lentil Soup Cheesy Chicken Lasagna Pulled Pork Sandwich / Potato Chips Sliced Carrots Broccoli Fresh Fruit Salad Frozen Yogurt</p> <p>Coffee-Tea-Milk</p> 	<p>Corn Chowder Broccoli Cheese Quiche w/ Dinner Roll Rueben Sandwich with Pickle Spear Scandinavian Vegetables Brussels Sprouts Relish Plate Strawberry Gelatin Parfait</p> <p>Coffee-Tea-Milk</p>	<p>Minestrone Soup Taco Pizza Vegetable Lo Mein Green Beans Almandine Diced Beets Cottage Cheese Salad Home Made Ginger Cookie</p> <p>Coffee-Tea-Milk</p>	<p>Vegetable Beef Soup Egg Salad Sandwich with Pickle Spear Cheeseburger With Pickle Spear Potato Chips Mixed Vegetables Cauliflower Tossed Salad Strawberry Mousse</p> <p>Coffee-Tea-Milk</p>	<p>Chicken and Wild Rice Soup Beef Macaroni Casserole Shaved Turkey Sandwich with Lettuce & Tomato Asparagus Country Blend Vegetables Cinnamon Applesauce M&M Cookie Coffee-Tea-Milk</p> <p>Friends and Family Dinner CANCELLED</p>
<p>Cabbage Roll Casserole Chicken Tator Tot Casserole Country Trio Vegetables Sugar Snap Peas Pineapple Cottage Cheese Salad Strawberry Shortcake</p> <p>Coffee-Tea-Milk</p> 	<p>Spaghetti and Meat Sauce Polish Sausage on a Bun Italian Vegetables Cauliflower Tossed Salad Chocolate Pudding</p> <p>Coffee-Tea-Milk</p>	<p>Meat Loaf Liver and Onions Mashed Potatoes/ Gravy Sweet Potatoes Spinach Fruit Cocktail Rice Krispy Bar</p> <p>Coffee-Tea-Milk</p>	<p>Italian Sausage Sandwich with French Fries Chicken Ala King/ Toast Points Island Blend Vegetables Zucchini and Tomatoes Chilled Pears Carrot Cake</p> <p>Coffee-Tea-Milk</p>	<p>Shepherd's Pie Crunchy-Baked Fish Baked Potato W.K. Corn Asparagus Coleslaw Vanilla Pudding</p> <p>Coffee-Tea-Milk</p> 	<p>Tuna Casserole Veggie Chili With Corn Muffin Stewed Tomatoes California Vegetables Creamy Cucumbers Pumpkin Bar</p> <p>Coffee-Tea-Milk</p>	<p>Roast Pork Baked Chicken Augratin Potatoes Peas and Carrots Scandinavian Vegetables Chilled Apricots Dutch Apple Pie</p> <p>Coffee-Tea-Milk</p>

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Fresh fruit is available at all meals						
<p>Orange Juice Fresh Fruit Bagel with Cream Cheese 1 Sausage Patty Oatmeal Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Breakfast Pizza Cream of Wheat Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Breakfast Burrito Malt-O-Meal Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Belgian Waffles Sausage Links Oatmeal Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Scrambled Eggs Grits Whole Grain Bread Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit 2 Sausage Links Sugared Cake Donut Cream of Wheat Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Ham Steak Caramel Roll Malt-O-Meal Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>
<p>Cabbage Soup Stuffed Shells and Marinara Sauce</p> <p>Meat Loaf / Baked Potato and Gravy *Spinach Brussel Sprouts Tossed Salad Tropical Fruit Yogurt Parfait</p> <p>Coffee-Tea-Milk</p>	<p>Beef Vegetable Soup Chicken Strips / Potato Wedges Pepperoni and Sausage Calzone Green Beans Whole Kernel Corn Ambrosia Salad Homemade Peanut Butter Cookies</p> <p>Coffee-Tea-Milk</p>	<p>Chicken Noodle Soup Chicken Cordon Bleu w/Wild Rice Macaroni and Cheese Zucchini and Tomatoes Italian Vegetables Pickle and Olive Relish Tray Lemon Bars</p> <p>Coffee-Tea-Milk</p>	<p>Minestrone Soup Chicken Fried Rice / Vegetable Egg Roll Taco Salad Winter Blend Vegetables Key West Blend Vegetables Tomato Cottage Cheese Salad Pecan Pie</p> <p>Coffee-Tea-Milk</p>	<p>Egg Drop Soup 3 Cheese Pizza Chicken Caesar Salad *Broccoli *Spinach Chilled Peaches Black Forest Cake</p> <p>Coffee-Tea-Milk</p>	<p>Tomato Soup Chicken Salad Sandwich Grilled Cheese Sandwich Cauliflower Peas and Carrots Pickled Beet Salad Peach Delight</p> <p>Coffee-Tea-Milk</p>	<p>Chicken Vegetable Soup Cheeseburger Casserole Chi Town Frank on a Bun / Toppings *Carrots *California Vegetables 3-Bean Salad Cherry Crisp</p> <p>Coffee-Tea-Milk</p>
<p>Beef Stew over Biscuit BBQ Chicken / Garlic Herb Potatoes French Fries Wax Beans Mixed Vegetables</p> <p>Chilled Pears Strawberry Jello Cake</p> <p>Coffee-Tea-Milk</p>	<p>Black Bean Casserole Turkey Tetrizzini *Cauliflower *Sliced Carrots Mandarin Orange Salad Italian Ice</p> <p>Coffee-Tea-Milk</p>	<p>BBQ Beef on a Bun / Potato Chips Chicken Pot Pie Steamed Cabbage Sliced Beets Marinated Vegetable Salad Frosted Chocolate Cake</p> <p>Coffee-Tea-Milk</p>	<p>Cheddar Steaks / Hash Browns Bacon/Hash Browns/Earth Grain Toast Monaco Vegetables Mixed Vegetables Tossed Salad Orange Gelatin Parfait</p> <p>Coffee-Tea-Milk</p>	<p>Turkey Pasta Primavera Fish Sticks / French Fries Brussels Sprouts Squash Coleslaw Frozen Yogurt</p> <p>Coffee-Tea-Milk</p>	<p>Manwich Sandwich / Potato Chips Chicken Philly Sandwich/ Potato Chips Green Beans Capri Vegetables Cinnamon Applesauce Butterscotch Cookies</p> <p>Coffee-Tea-Milk</p>	<p>Swedish Meatballs Oven Fried Chicken Garlic Herb Mashed Potatoes Stewed Tomatoes Lima Beans Relish Plate Pistachio Pudding</p> <p>Coffee-Tea-Milk</p>

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Fresh fruit is available at all meals						
<p>Orange Juice Fresh Fruit Pancakes / Sausage Links Oatmeal Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p> 	<p>Orange Juice Fresh Fruit Cinnamon Roll Sausage Patty Cream of Wheat Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Cheese Omelet Toast w/jelly Malt-O-Meal Assorted Dry Cereal</p> <p>Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Hash Browns and Applewood Bacon Oatmeal Assorted Dry Cereal Coffee-Milk-Tea</p> 	<p>Orange Juice Fresh Fruit Scrambled Eggs Grits Assorted Dry Cereal Toast w/ jelly Coffee-Milk-Tea</p>	<p>Orange Juice Fresh Fruit Sausage Links Sugared Cake Donut Cream of Wheat Assorted Dry Cereal Coffee-Milk-Tea</p> 	<p>Orange Juice Fresh Fruit Ham Patty Danish Roll Malt-O-Meal Assorted Dry Cereal Coffee-Milk-Tea</p>
<p>Minestrone Soup Baked Spaghetti Turkey Sub Sandwich/ Kettle Chips</p> <p>Broccoli Key West Vegetables Tossed Salad Macaroon Cookies Coffee-Tea-Milk</p>	<p>Cream of Asparagus Soup Veggie Burger / Lettuce & Tomato Chicken and Dumplings Green Beans Stewed Tomatoes Broccoli and Cauliflower Salad Peach Frozen Yogurt Coffee-Tea-Milk</p>	<p>Chicken and Rice Soup Lemon Pepper Tilapia Fish Scalloped Potatoes Pot Roast with Vegetables Corn Brussels Sprouts Marinated Cucumbers and Tomatoes Banana Pudding/ Vanilla Wafers Coffee-Tea-Milk</p>	<p>Cream of Broccoli Soup Smothered Roast Pork Paprika Chicken Mashed Potatoes Steamed Cabbage Asparagus Tossed Salad Tropical Fruit Parfait Coffee-Tea-Milk</p> 	<p>Cream of Tomato Soup Tuna Melt on Light Rye Sausage And Mushroom Pizza Baby Carrots Far East Blend Carrot/Celery Sticks Relish Plate Lemon Poppy Seed Cake Coffee-Tea-Milk</p>	<p>Chicken Noodle Soup Beef Tator Tot Hotdish Ham Salad Sandwich Lima Beans Italian Vegetables Chilled Apricots Pound Cake Coffee-Tea-Milk</p>	<p>Cream of Potato Chowder Egg Salad Sandwich Pickle Spear Beef Patty Melt / slaw Cup Mixed Vegetables Green Beans Mandarin Orange Salad Strawberry Yogurt Coffee-Tea-Milk</p>
<p>Meat Loaf /Mashed Potatoes and Gravy Macaroni and Cheese Zucchini Capri Blend Vegetables Pineapple Chunks Tapioca Pudding Coffee-Tea-Milk</p> 	<p>Corned Beef / Cabbage Pork Almond Rice Casserole Chateau Blend Vegetables *Squash Tropical Fruit Salad Peanut Butter Bar Coffee-Tea-Milk</p>	<p>Burgundy Beef on Noodles Chicken and Vegetable Stir Fry *Spinach Caribbean Vegetables Cranberry Apple Salad Grasshopper Pie Coffee-Tea-Milk</p>	<p>Beef Tostadas Pigs In A Blanket Scandinavian Vegetables Wax Beans Chilled Fruit Cocktail Frosted Brownies Coffee-Tea-Milk</p>	<p>Chicken Enchilada Lettuce & Tomatoes Swiss Steak / Mashed Potatoes Cauliflower Diced Beets Chocolate Pudding Assorted Juices & Fresh Fruit Coffee-Tea-Milk</p> 	<p>Western Potatoes Chicken Sandwich Potato Wedges Monte Carlo Blend Vegetables Peas Cottage Cheese Salad Sugar Cookies Coffee-Tea-Milk</p>	<p>Roast Turkey Chicken Fried Steak Stuffing/Gravy Collard Greens *Sliced Carrots Relish Plate with Cranberry Sauce Peach Cobbler Coffee-Tea-</p>

WEEK 4

Menu A-fall, winter



= *Healthy Choice*

APPROVED BY

DATE _____