

NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
   		1 Chicken /Rice Sweet Potato Green Beans Bread (WG) Milk	2 Beef /Turkey Sloppy Joes Baked Beans Applesauce Buns (WG) Milk	3 Chicken Nuggets Macaroni Cheese Sweet peas Baked Apples Milk	4 Chicken Salad Ritz Crackers (WG) Carrots Slice Apples Milk	5
	7 Chicken Nuggets Yams Green Beans Bread (WG) Milk	8 Chicken /Pasta Yams Green Beans Whole Wheat Bread (WG) Milk	9 Beef Spaghetti Sweet peas Pineapples Pasta Milk	10 Chicken Strips Pinto Beans Stewed Apples Bread (WG) Milk	11 Close	12
	13	14 Barbecue Meatballs Rice /Gravy Sweet peas Pears Milk	15 Chicken Strips Sweet Potato's Baked Apples Wheat Bread (WG) Milk	16 Hamburger Baked Beans Diced Peaches Buns (WG) Milk	17 Grill Chicken Strips Toss Salad Mandarin Oranges Ritz Crackers (WG) Milk	18 Diced Chicken Rice Yams /Green Beans Rolls (WG) Milk
	20	21 Salisbury Steak Mashed Potato Mixed Fruit Rolls (WG) Milk	22 Chicken Nuggets Pinto Beans Mixed Fruit Wheat Bread (WG) Milk	23 Sloppy Joes Baked Beans Applesauce Buns (WG) Milk	24 Close	25 Close
	27	28 Chicken Patties Baked Beans Mix Fruit Buns (WG) Milk	29 Fish Sticks Corn Mandarin Oranges Wheat Bread (WG) Rolls /Milk	30 Fajita Chicken Strips Toss Salad Mandarin Oranges Club Crackers Milk		
H	 This Institution is an equal opportunity provider				Notes: Fat -Free or 1% Milk is served with every meal. Whole milk is served to one year olds. Substitutes are made upon doctor's request.	