



# NOVEMBER 2023

Mon	Tue	Wed	Thu	Fri
		1 McRib Sandwich Collard Greens Confetti Corn Pears Jell-O	2 Lemon Pepper Chicken Carrots Baby Baker Potatoes Yeast Roll Sliced Peaches	3 Krab Cake Veg 5 Way Brown Rice Wheat Roll Pears
6 Chicken Tenders Green Beans Mac & Cheese Yeast Roll Tropical Fruit	7 Pork Tips & Gravy Baked Potatoes Peas & Carrots Garlic Cheese Biscuit Sour Cream Sliced Apples	8 Cheeseburger on Bun with Lettuce & Tomato Baked Beans Corn Chocolate Pudding	9 Spaghetti Tossed Salad w/ Ranch Garlic Knot Parm Pack Pears	10 Oven fried chicken California blend Loaded Mashed Potatoes Wheat Roll Yogurt parfait with 1/2 cup fruit
13 Crunchy Baked Fish Veg 5 Way Mac & Cheese Yeast Roll Tartar Sauce Tropical Fruit	14 Lasagna Tossed Salad with Tomato & Ranch Garlic Knot Applesauce	15 Beef Tips over Rice California Veg Wheat Roll Fresh Oranges Dessert	16 Ham Mac & Cheese Collard Greens Yeast Roll Mixed Berries Pumpkin Bread	17 Sloppy Joe Sandwich Baked potato Tossed salad with dressing Sour cream Chilled peaches
20 Swedish Meatballs Green Beans Mashed Potatoes Wheat Roll Spiced Peaches	21 Beef & Bean Chili Tossed Salad W/ Ranch Cornbread W/ Butter Fruit Cocktail Dessert	22 Baked turkey with gravy Sweet potato casserole Green bean casserole Yeast Roll Apple pie cake	23 	24 
27 Chicken Broccoli Rice Casserole Black Eyed Peas Stewed Tomatoes Wheat Roll Diced Pears	28 Baked Ziti Tossed Salad w/ Tomatoes Broccoli Garlic Knot Cinnamon Baked Apples	29 Chicken Pot Pie Harvard Beets Yeast Roll & Jelly Peach Cobbler	30 Beef stew with vegeta- bles and potatoes Blushing pears Garlic cheese biscuit Brownie	