

November Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>20</p> <p>L: Cheddar Cheese, Bread - Whole Grain (WG)(WG), Garden Salad, Applesauce, Lowfat Milk - 1%</p> <p>Salad and Sandwich</p> <p>D: Mozzarella Cheese, Penne Pasta -WG (1oz eq/28g/1/2c)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p>Tomato Basil Pasta</p>	<p>21</p> <p>L: Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Peppers, Green, Peaches / Nectarines, Lowfat Milk - 1%</p> <p>Arroz Con Pollo</p> <p>D: Beef Ground, Tortilla Chips - WGR (1 oz/28g) (WG), Black Beans, Peaches / Nectarines, Lowfat Milk - 1%</p> <p>Taco Pie</p>	<p>22</p> <p>L: Tuna Salad, Buns - Whole Grain (1oz/28g)(WG), Lettuce And Tomato, Applesauce, Lowfat Milk - 1%</p> <p>Tuna Salad Sandwich</p> <p>D: Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Broccoli, Applesauce, Lowfat Milk - 1%</p> <p>Teriyaki Chicken</p>	<p>23</p> <p>24</p>	
<p>27</p> <p>L: Mozzarella Cheese, Pasta Misc (WG 1oz eq/28gm/ 1/2c)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p>Veggie Lasagna</p> <p>D: Kidney Beans, Cornbread/Corn Muffin - WGR (1oz/34g)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p>Veggie Chili</p>	<p>28</p> <p>L: Beef Ground, Pasta Misc (WG 1oz eq/28gm/ 1/2c) (WG), Mixed Vegetables, Pear, canned #10, Lowfat Milk - 1%</p> <p>Taco Salad</p> <p>D: Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Corn, Applesauce, Lowfat Milk - 1%</p> <p>Mexican Lasagna</p>	<p>29</p> <p>L: Chicken Breasts, Pasta Misc (WG 1oz eq/28gm/ 1/2c)(WG), Mixed Vegetables, Pear, canned #10, Lowfat Milk - 1%</p> <p>Baked Ziti</p> <p>D: Chicken Breasts, Stuffing/Dressing-Homemade, Mashed Potatoes (100% potatoes), Pear, canned #10, Lowfat Milk - 1%</p> <p>Chicken and Gravy</p>	<p>30</p> <p>L: Chicken Breasts, Stuffing/Dressing-Homemade, Mashed Potatoes (100% potatoes), Pear, canned #10, Lowfat Milk - 1%</p> <p>Chicken and Gravy</p> <p>D: Turkey Ground, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p>Turkey Dirty Rice</p>	

