

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Swedish Meatballs w/ Noodles Peas & Carrots Tossed Salad, Orange & Milk	2 Beef Stew Succotash Whole Wheat Roll, Pineapple Orange Compote & Milk	3 Pork Chow Mein Brown Rice Winter Blend Vegetables WW Roll Pear & Milk	4 Bratwurst Cabbage & Carrots Potato Salad WW Bread Banana, W M&M Cookie & Milk
7 Beef Burrito Gr. Ench. Sauce, Blk Beans Spanish Rice Mand. Oranges, Raisin Nut Cup	8 Chicken Chile Tortilla, Broccoli w/ Cheese Carrot Raisin Salad, Diced Pears & Milk	9 Beef Ravioli w/ Marinara & cheese Peas & Carrots Banana & Milk	10 Yankee Pot Roast w/ Gravy Baked Potato Medley Glazed Carrots, Apple & Milk	11 Lemon Pepper Chicken Wild & Brown Rice Peas, Beet & Onion Salad, Orange & Milk
14 Pepper Steak Brown Rice Succotash Orange V-8 & Milk	15 Pesto Cod Roasted Potato Medley, Broccoli Tropical Fruit Salad WW Roll & Milk	16 Egg Salad on WW Bread Tomato Basil Soup, Salad w/ Dressing Orange & Milk	17 Turkey w/ Gravy, Mashed Pot's, Peas/ carrots, WW Bread, Apple/Cran. Sauce, Pumpkin Pie	18 Pulled Pork Sandwich Corn, Seasoned Pinto Beans Apple Sauce & Milk
21 Baked Citrus Tilapia, Lemon Herb Rice Mixed Veggies Tropical Fruit Roll & Milk	11 Jerk Chicken Sandwich w/ Lettuce & Tom Cream of Potato Soup, Coleslaw Apple & Milk	23 Spaghetti w/meat sauce & Cheese Italian Blend Veg Roll Banana & Milk	24 Thanksgiving Holiday	25 Day after Thanksgiving Holiday
28 Cod Piccata Wild/ Brown Rice, Broccoli, Mand. Orange High Fiber Cookie & Milk	29 Sweet & Sour Chicken, Jasmine Rice, Stir Fry Veg Pear, Salad  & Milk	30 Beef Fajita w/ Peppers, Onions Cheese, Sour Cream & Salsa, Tortillas, Spanish Rice SW Black Beans Banana & Milk		