


November



2022

Mon	Tue	Wed	Thu	Fri
	<p>1</p> <p><i>BBQ Beef Tips</i> <i>Garlic Mashed Potato</i> <i>Broccoli</i> <i>Whole Wheat Roll</i> <i>Fruit Cup</i></p>	<p>2</p> <p><i>Bacon Mac & Cheese</i> <i>Stewed tomatoes</i> <i>Garlic Bread</i> <i>Peaches</i></p>	<p>3</p> <p><i>Shepherd's Pie</i> <i>Dilled Carrots</i> <i>Cauliflower</i> <i>Whole Wheat Bread</i> <i>Tropical Fruit</i></p>	<p>4</p> <p><i>Lemon Pepper Chicken</i> <i>Rice w/ vegetables</i> <i>Green Beans</i> <i>Rye Bread</i> <i>Pineapple</i></p>
<p>/</p> <p><i>Beef & Bean Chili</i> <i>Sweet Potato Fries</i> <i>Yellow Squash</i> <i>Corn Bread</i> <i>Fruit cup</i></p>	<p>8</p> <p><i>Veggie Lasagna in White Sauce</i> <i>Stewed Tomatoes</i> <i>Garlic Bread</i> <i>Applesauce Cup</i></p>	<p>9</p> <p><i>Breaded Chicken Tenders</i> <i>Roasted Potatoes</i> <i>Roasted Zucchini</i> <i>Fruit cup</i></p>	<p>10</p> <p><i>Italian Meatloaf</i> <i>Garlic Mashed Potato</i> <i>Beets</i> <i>Whole Wheat Roll</i> <i>Baked Apples</i></p>	<p>11</p> <p><i>Individual Meals</i> <i>Bread Rolls</i> <i>Snack Fruit Cup</i></p>
<p>14</p> <p><i>Spaghetti w/ Meat Sauce</i> <i>Green Beans w/ Peppers</i> <i>Garlic Bread</i> <i>Mandarin Oranges</i></p>	<p>15</p> <p><i>Pot Roast w/ Gravy</i> <i>Roasted Red Potatoes</i> <i>Broccoli</i> <i>Biscuit</i> <i>Applesauce</i></p>	<p>16</p> <p><i>Ham Mac & Cheese</i> <i>Roasted Broccoli & Mixed Vegetables</i> <i>Honey Wheat Roll</i> <i>Tropical Fruit</i></p>	<p>17</p> <p><i>Franks & Beans</i> <i>French Fries</i> <i>Cole Slaw</i> <i>Cornbread</i> <i>Pineapple</i></p>	<p>18</p> <p><i>Sweet & Sour Meatballs</i> <i>Oriental Rice w/ Veggies</i> <i>Sautéed Peppers & Onions</i> <i>Whole Wheat Roll</i> <i>Peaches & Cream</i></p>
<p>21</p> <p><i>Chicken & Veggie Stir Fry</i> <i>Brown Rice</i> <i>Cauliflower</i> <i>Whole Wheat Bread</i> <i>Mandarin Orange</i></p>	<p>22</p> <p><i>Beef Lasagna</i> <i>Peas & Carrots</i> <i>Garlic Bread</i> <i>Pears</i></p>	<p>23</p> <p><i>Roast Turkey w/ Stuffing</i> <i>Mashed Garlic Potato</i> <i>Butternut Squash</i> <i>Honey Wheat Roll</i> <i>Pumpkin Pudding</i></p>	<p>24</p> <p><i>Thanksgiving Holiday</i> <i>TGP Closed</i></p>	<p>25</p> <p><i>Thanksgiving Holiday</i> <i>TGP Closed</i></p>
<p>28</p> <p><i>Baked Ziti w/ Meat Sauce</i> <i>Green Beans w/ Peppers</i> <i>Garlic Bread</i> <i>Apple Sauce</i></p>	<p>29</p> <p><i>Chicken & Broccoli Alfredo</i> <i>Brussel Sprouts</i> <i>Stewed Tomatoes</i> <i>Whole Wheat Bread</i> <i>Mango</i></p>	<p>30</p> <p><i>Roast Beef w/ Gravy</i> <i>Garlic Mashed Potato</i> <i>Mixed Veggies</i> <i>Whole Wheat Roll</i> <i>Fruit Cup</i></p>	