


<p><b><u>NOVEMBER</u></b> <b><u>2017</u></b></p> 			<p><b><u>WEDNESDAY</u></b> 1 Sloppy Jo Tater tots Mixed Vegetable Pears Milk</p>	<p><b><u>THURSDAY</u></b> 2 Egg/Sausage Bake Hash Browns Zucchini Wheat Bread Purple Plums Banana Dessert Milk</p>	<p><b><u>FRIDAY</u></b> 3 Beef Stew Tossed Salad Cheese/onion roll Apricots Milk</p>	<p><b><u>SATURDAY</u></b> 4</p>
<p><b><u>Recommended Serving Sizes</u></b> 3 oz. meat ½ cup of vegetables ½ cup of fruit 2 servings of bread or complex carbohydrate 1 cup of 2% milk</p>	<p><b><u>MONDAY</u></b> 6 Meatloaf Rice Pilaf Brussels Sprouts Wheat Roll Fruit Cocktail Milk</p>	<p><b><u>TUESDAY</u></b> 7 Chicken &amp; Dumplings Broccoli Wheat Bread Cherry Crisp Milk <b>BINGO</b></p>	<p><b><u>WEDNESDAY</u></b> 8 Roast Beef Mashed Pot./gravy Corn Wheat Roll Mandarin Oranges Milk</p>	<p><b><u>THURSDAY</u></b> 9 Baked Ham Sweet Potato Green Beans Wheat Bread ½ Banana Milk</p>	<p><b><u>FRIDAY</u></b> 10 Tuna Salad Sandwich Vegetable Soup Pickle Spear Peaches Milk</p>	<p><b><u>SATURDAY</u></b> 11</p>
<p><b>Birthdays</b> 02-Linda W. 12<sup>th</sup>.Dan W. 12<sup>th</sup>.Felicia M</p>	<p><b><u>MONDAY</u></b> 13 Chicken Patty French Fries Coleslaw Wheat Bread Citrus Fruit Milk</p>	<p><b><u>TUESDAY</u></b> 14 Salisbury Steak Baked Potato Spinach Wheat Bread Pears Milk</p>	<p><b><u>WEDNESDAY</u></b> 15 Spaghetti/meat sauce Italian Vegetables Tossed Salad Garlic Bread Pineapple Whip Milk</p>	<p><b><u>THURSDAY</u></b> 16 Baked Pork Chop Wild Rice Blend Beets Wheat Roll Peaches Milk</p>	<p><b><u>FRIDAY</u></b> 17 Turkey/Stuffing Mash. Pot./gravy Green bean casserole Wheat Roll Pumpkin Pie Whipped Topping Milk <b>Evening Meal</b></p>	<p><b><u>SATURDAY</u></b> 18</p>
	<p><b><u>MONDAY</u></b> 20 Chicken Alfredo Noodles Squash Blend French Bread Strawberries Milk</p>	<p><b><u>TUESDAY</u></b> 21 Chili Cheese/onions Tossed Salad Cornbread Mandarin Oranges Milk <b>BINGO</b></p>	<p><b><u>WEDNESDAY</u></b> 22 Pork Roast Sweet Potato Mixed Vegetables Applesauce Pumpkin Bread Milk</p>	<p><b>Thanksgiving</b> <b>Company</b> <b>Holiday</b></p>	<p><b><u>FRIDAY</u></b> 24 Beef Fajita Tortilla Steamed Rice Broccoli Cherries Milk</p>	<p><b><u>SATURDAY</u></b> 25</p>
	<p><b><u>MONDAY</u></b> 27 Beef Taco Tomato, lettuce, cheese Refried Beans Corn Cinnamon Apples Milk</p>	<p><b><u>TUESDAY</u></b> 28 Oven Chicken Mashed Pot./gravy Asparagus Wheat Roll Apricots Milk</p>	<p><b><u>WEDNESDAY</u></b> 29 BBQ Riblet Potato Wedges Peas Wheat Bread Citrus Fruit Lemon Bar Milk</p>	<p><b><u>THURSDAY</u></b> 30 Swedish Meatballs Noodles Steamed Carrots Wheat Roll Strawberries Milk</p>		