

WEEK 1						
MONDAY November 10	TUESDAY November 11	WEDNESDAY November 12	THURSDAY November 13	FRIDAY November 14	SATURDAY November 15	SUNDAY November 16
BREAKFAST						
Cream of Wheat Scrambled Eggs Bacon 100% Juice with Vit. C Fruit Bar	Oatmeal Biscuit & Sausage Gravy 100% Juice with Vit. C Fruit Bar	Cream of Wheat Breakfast Sandwich 100% Juice with Vit. C Fruit Bar	Oatmeal Bacon Pancakes 100% Juice with Vit. C Fruit Bar	Cream of Wheat Pork Sausage Patty French Toast 100% Juice with Vit. C Fruit Bar	Oatmeal Scrambled Eggs Coffee Cake 100% Juice with Vit. C Fruit Bar	Cream of Wheat Fried Eggs Hash Brown Potatoes 100% Juice with Vit. C Fruit Bar
LUNCH						
Cranberry Glazed Pork Loin Blackeye Peas Seasoned Cauliflower Fresh Strawberries	Baked Chicken Buttered Corn Butternut Squash Coconut Cream Pie	Herb Baked Fish Bowtie Pasta Broccoli w/ Cheese Sauce Mandarin Oranges	Breaded Pork Chop Mashed Potatoes Seasoned Zucchini Banana Cream Pie	Chicken Paprika Rice Pilaf Seasoned Carrots Cookies	Lasagna Garlic Bread Caesar Salad Apple Pie	Roast Turkey Stuffing Green Beans Pumpkin Pie
DINNER						
Salisbury Steak Baked Potato Lemon Buttered Broccoli Brownie	Soft Beef Taco Black Beans Spanish Rice Cinnamon Apples	Turkey Sandwich Relish Plate Chips Sherbet	Macaroni & Cheese Seasoned Peas Bread with Butter Grapes	Hamburger on Bun French Fries Relish Plate Pineapples	Smoked Sausage Sauteed Onions & Peppers Seasoned Potatoes Fruit Mix	Goulash Mixed Vegetables Bread with Butter Mandarin Oranges

WEEK 2

MONDAY November 17	TUESDAY November 18	WEDNESDAY November 19	THURSDAY November 20	FRIDAY November 21	SATURDAY November 22	SUNDAY November 23
BREAKFAST						
Oatmeal Cheese Omelet Raisin Toast 100% Juice with Vit. C Fruit Bar	Cream of Wheat Breakfast Sandwich 100% Juice with Vit. C Fruit Bar	Oatmeal Scrambled Eggs w/ Cheese Danish Pastry 100% Juice with Vit. C Fruit Bar	Cream of Wheat Pancakes Pork Sausage Links 100% Juice with Vit. C Fruit Bars	Oatmeal Bacon French Toast 100% Juice with Vit. C Fruit Bar	Cream of Wheat Hash Brown Potatoes Fried Eggs 100% Juice with Vit. C Fruit Bar	Oatmeal Waffle Pork Sausage Patty 100% Juice with Vit. C Fruit Bar
LUNCH						
Ham w/ Pineapples Sweet Potatoes Brussels Sprouts Fresh Fruits	Soft Beef Taco Refried Beans Spanish Rice Brownie	Cheeseburger on Bun Tater Tots Relish Plate Ice Cream	BBQ Pulled Pork on Bun Baked Beans Potato Salad Diced Peaches	Country Fried Steak Buttered Corn Seasoned Carrots Banana Cream Pie	Garlic Pepper Pork Cubes Herbed Orzo Pasta Seasoned Beets Frosted Cake	Oven Fried Chicken Macaroni and Cheese Winter Mix Vegetables Cookies
DINNER						
Shrimp Scampi Orzo Pasta Seasoned Broccoli Vanilla Pudding	Vegetable Quiche Tossed Salad Muffin Fresh Strawberries	Apple Pork Chop Steamed Rice Green Beans Diced Pears	Cheese Ravioli w/ Marinara Seasoned Zucchini Garlic Bread Lemon Poke Cake	Chicken Fried Rice Asian Vegetables Egg Roll Mandarin Oranges	Sloppy Joe on Bun Coleslaw Baked Potato Wedges Sherbet	Salmon Patty Parslied Rice Seasoned Zucchini Fruit Mix

WEEK 3						
MONDAY November 24	TUESDAY November 25	WEDNESDAY November 26	THURSDAY November 27	FRIDAY November 28	SATURDAY November 29	SUNDAY November 30
BREAKFAST						
Cream of Wheat Breakfast Burrito 100% Juice with Vit. C Fruit Bar	Oatmeal Pork Sausage Links French Toast 100% Juice with Vit. C Fruit Bar	Cream of Wheat Scrambled Eggs w/ Peppers Bacon 100% Juice with Vit. C Fruit Bar	Oatmeal Biscuit & Sausage Gravy 100% Juice with Vit. C Fruit Bar	Cream of Wheat Cheese Omelet Danish Pastry 100% Juice with Vit. C Fruit Bar	Oatmeal Breakfast Sandwich 100% Juice with Vit. C Fruit Bar	Cream of Wheat Hash Brown Potatoes Fried Eggs 100% Juice with Vit. C Fruit Bar
LUNCH						
Salisbury Steak Scalloped Potatoes Green Beans Lemon Bar	Tortellini w/ Cheese Sauce Mixed Vegetables Garlic Bread Sherbet	Chicken Cacciatore Buttered Noodles Parslied Cauliflower Fresh Strawberries	<i>Roast Turkey</i> <i>Stuffing</i> <i>Mashed Potatoes</i> <i>Green Bean Casserole</i> <i>Dinner Roll</i> <i>Pumpkin Pie</i>	Sweet & Sour Chicken Buttered Rice Asian Vegetables Diced Pears	Peppered Pork Loin Blackeye Peas Seasoned Carrots Peach Cobbler	Chili w/ Cheese Cornbread Tossed Salad Fruit Mix
DINNER						
Polish Sausage Penne Pasta Sauteed Onions & Peppers Pineapples	Soft Beef Taco Black Beans Spanish Rice Cinnamon Pears	Honey Glazed Pork Chop Steamed Rice Peas and Pearl Onions Peach Pie	Tuna Salad Sandwich Chips Crudites Sherbet	Country Fried Steak Au Gratin Potatoes Brussels Sprouts Tiramisu	Pizza Caesar Salad Breadstick Strawberries	Broccoli Cheese Strata Broiled Tomato Slices Bread with Butter Lemon Meringue Pie

WEEK 4						
MONDAY November 31	TUESDAY December 1	WEDNESDAY December 2	THURSDAY December 3	FRIDAY December 4	SATURDAY December 5	SUNDAY December 6
BREAKFAST						
Oatmeal Cheese Omelet Cinnamon Toast 100% Juice with Vit. C Fruit Bar	Cream of Wheat Pork Sausage Patty French Toast 100% Juice with Vit. C Fruit Bar	Oatmeal Waffle w/ Butter & Syrup Bacon 100% Juice with Vit. C Fruit Bar	Cream of Wheat Scrambled Eggs w/ Cheese Coffee Cake 100% Juice with Vit. C Fruit Bars	Oatmeal Biscuit & Sausage Gravy 100% Juice with Vit. C Fruit Bar	Cream of Wheat Hash Brown Potatoes Fried Eggs 100% Juice with Vit. C Fruit Bar	Oatmeal Pancakes Pork Sausage Links 100% Juice with Vit. C Fruit Bar
LUNCH						
Shepherd's Pie Mixed Green Salad Biscuit Frosted Chocolate Cake	Soft Beef Taco Refried Beans Spanish Rice Peaches & Creme	Spaghetti w/ Meat Sauce Tossed Salad Garlic Bread Ice Cream	Sweet & Sour Chicken Parslied Rice Asian Vegetables Pineapples	Battered Fish Corn Coleslaw Cookies	Baked Ham Sweet Potatoes Brussels Sprouts Diced Pears	Savory Roasted Chicken Rice Pilaf Winter Mix Vegetables Caramel Apple Bar
DINNER						
Cornflake Chicken Rice Pilaf Seasoned Zucchini Mandarin Oranges	Salmon Patty Buttered Corn Green Beans Strawberries & Bananas	Deli Meat Sandwich Baked Potato Wedges Relish Plate Brownie	Pizza Breadstick Caesar Salad Sherbet	Chopped Steak w/ Peppers Scalloped Potatoes Peas & Pearl Onions Diced Peaches	Egg Salad Sandwich Crudites Chips Grapes	Swiss Spinach Bake Marinated Vegetables Muffin Mandarin Oranges