



Lunch menu

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	Spaghetti w/meat sauce 1 Steamed broccoli Tossed salad with Italian dressing Garlic bread Baked apples Beverage	Baked chicken with gravy 2 Snap green beans Sliced carrots Rice Pineapple tidbits Beverage	Cheeseburger 3 Baked beans Cole slaw Mustard/mayo/ketchup Fruit cobbler Beverage	Chicken salad with whole wheat bread 4 Carrot-raisin salad Pasta salad Fresh fruit Beverage
Chicken pot pie 7 Steamed broccoli Squash and onion Fruit cocktail Beverage	Creole baked fish 8 Cabbage Spanish red rice Apple crumble Beverage	Chicken fricassee 9 Collard greens Okra and tomatoes Steamed rice Pudding cup Beverage	Pot roast with carrots, onions and celery 10 Mashed potatoes Brussel sprouts Pound cake Beverage	Philly steak & cheese sandwich 11 Sweet potato wedges Tossed salad w/dressing Spiced peaches Beverage
Chicken fingers 14 w/ honey mustard sauce English peas Mac & Cheese Fresh fruit Beverage	Beef stroganoff with noodles 15 Sliced carrots Broccoli Gelatin with fruit Beverage	Barbeque chicken 16 Crowder peas Green beans Yellow rice Pudding cup Beverage	Meatloaf 17 Potatoes au gratin Tomato & cucumber salad Whole wheat roll Peach cobbler Beverage	Beef stew with roasted vegetables 18 Harvard beets Mashed potatoes Yogurt Beverage
Chipped barbeque chicken sandwich 21 Peas and carrots Cole slaw Spiced pears Beverage	Chili with beans 22 Cabbage Cornbread muffin Margarine Fruit crumble Beverage	Baked Ham 23 Black-eyed peas Sweet carrots Whole wheat roll Gelatin with fruit Beverage	Turkey with gravy 24 Cornbread dressing Yam patty Collard greens Cranberry sauce Carrot cake and Beverage	Turkey with gravy 25 Cornbread dressing Yam patty Collard greens Cranberry sauce Carrot cake and Beverage
Smoked sausage with peppers and onion 28 Squash medley Cabbage Yellow rice Fresh fruit Beverage	Spaghetti w/meat sauce 29 Steamed broccoli Tossed salad with Italian dressing Garlic bread Baked apples Beverage	Baked chicken with gravy 30 Snap green beans Sliced carrots Rice Pineapple tidbits Beverage		

*Menu subject to market availability

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