November 2026

MONDAY	*TUESDAY*	*WEDNESDAY*	*THURSDAY*	*FRIDAY*
2 Beef stroganoff with egg noodles Buttered beets Peas Whole grain bread -- -- -- -- -- -- -- -- -- -- -- Frittata with a potato crust Brussels sprouts Fruit cup Mini muffins	***3*** Tuna noodle casserole Buttered peas Beet salad Whole grain mini muffin -- -- -- -- -- -- -- -- -- -- -- Beef and bean burritos Tomato corn salad Mango Corn bread	***4*** Lasagna Garlic green beans Spinach Whole grain bread sticks -- -- -- -- -- -- -- -- -- -- -- Coconut chicken Asian slaw Cuke salad Fried rice	***5*** Calzones with pepperoni and veggies Bean salad Peppered cauliflower -- -- -- -- -- -- -- -- -- -- -- Mac and cheese with pulled pork Baked beans Roasted broccoli Whole grain bread	***6*** Parmesan chicken Baked potatoes Green beans Whole grain roll -- -- -- -- -- -- -- -- -- -- - Smorgasbord Whole grain bread
9 Pumpkin soup Grilled cheese on whole grain bread Roasted broccoli -- -- -- -- -- -- -- -- -- -- -- Enchiladas Roasted corn Tomato salad Corn bread	***10*** Chicken quesadillas Corn and black bean salad Mango salsa Tortilla chips -- -- -- -- -- -- -- -- -- -- -- Peanut noodles with veggies and chicken Asian slaw Fruit cup Whole grain bread	***11*** Maple soy salmon Vegetable fried rice Broccoli Carrots -- -- -- -- -- -- -- -- -- -- -- Tomato basil soup Pesto grilled cheese on whole grain bread Green beans	***12*** Smash burgers on a whole grain bun Potato wedges Coleslaw -- -- -- -- -- -- -- -- -- -- -- Boursin chicken Orzo bake Green beans Peaches Whole grain bread	***13*** Meatloaf cups Mashed potato with gravy Peas and carrots -- -- -- -- -- -- -- -- -- -- - Smorgasbord Whole grain bread
16 Chicken caccitori Roasted green beans Cauliflower Garlic bread -- -- -- -- -- -- -- -- -- -- – Corn chowder Bean salad Roasted broccoli Whole grain rolls	***17*** Beef stew Cauliflower Winter squash Whole grain biscuit -- -- -- -- -- -- -- -- -- -- – Chicken salad wrap Chickpea and cucumber salad Coleslaw	***18*** Butter chicken Jasmine rice Cucumber salad Mango chutney Ginger naan -- -- -- -- -- -- -- -- -- -- -- Baked cod Rice pilaf Roasted root veggies Whole grain bread	***19*** Turkey with gravy Mashed sweet potato Peas Cranberry sauce Stuffing -- -- -- -- -- -- -- -- -- -- – Pumpkin soup Deviled eggs Fruit Whole grain bread	***21*** Shake and bake pork chops Au Gratin potatoes Apple sauce -- -- -- -- -- -- -- -- -- -- -- Smorgasbord Whole grain bread
23 Veggie lasagna Garlic green beans Fruit cup Garlic bread -- -- -- -- -- -- -- -- -- -- -- Fagoli soup Roasted cauliflower Squash Whole grain bread	***24*** Ham and veg frittata Broccoli bake Fruit cup Whole grain bread -- -- -- -- -- -- -- -- -- -- -- Tortellini with meat sauce Garlic green beans Fruit cup Garlic bread	***25*** Sheppards pie Buttered peas Roasted carrots Herb mini muffin -- -- -- -- -- -- -- -- -- -- -- Stromboli with pepperoni and veggies Balsamic white bean salad Parsnips	***26*** **Thanksgiving** 	***27*** Breakfast pizza with eggs and sausage Hash browns Fruit cup -- -- -- -- -- -- -- -- -- -- -- Smorgasbord Whole grain bread
30 Tilapia Veggie and orzo salad Roasted beets Whole grain bread -- -- -- -- -- -- -- -- -- -- -- Chicken piccata with rice Lentil salad Buttered beets			This institution is an equal opportunity provider.	Cottage cheese is served at every meal. Also available at each meal: 1% milk, peanut butter, cheddar cheese, applesauce and whole grain bread