

1% MILK SHOULD BE SERVED AT EACH MEAL
 WHOLE WHEAT PRODUCTS SHOULD BE 2 SLICES OR 2 OZ.
 UNLESS OTHERWISE NOTED

NOVEMBER 2024 GRADD



MON	TUE	WED	THU	FRI
<p>DIETARY TIP Eating at least 2 servings of fish per week may reduce your risk for heart disease.</p>	<p>EXERCISE TIP Take a brisk walk after eating your holiday meal. Do not lay down for that nap, work off your meal!</p>			<p>1 GRILLED CHICKEN ON BUN BROCCOLI AND CHEESE OVEN ROASTED POTATOES FRESH APPLE MAYO/LETTUCE/TOMATO</p>
<p>4 PIZZA CASSEROLE CORN FRESH ORANGE DINNER ROLL MARGARINE (2)</p>	<p>5 CLOSED FOR ELECTION DAY</p>	<p>6 POTATO SOUP TOSSED SALAD/ RANCH BANANA GRAHAM CRACKERS OYSTER CRACKERS</p>	<p>7 FISH ON A BUN SCALLOPED POTATOES CARROTS FRUIT COCKTAIL TARTAR SAUCE</p>	<p>8 CHEESEBURGER DELUXE POTATO WEDGES GREEN PEAS TROPICAL FRUIT SALAD BUN/LETTUCE/TOMATO/MUST.</p>
<p>11 CLOSED FOR VETERAN'S DAY</p>	<p>12 BAKED CHICKEN STEWED TOMATOES SCALLOPED POTATOES PEARS/PEANUT BUTTER COOKIE DINNER ROLL</p>	<p>13 GOULASH CARROTS DICED PEARS WG BREADSTICK MARGARINE (2)</p>	<p>14 SALMON PATTY OVEN ROASTED POTATOES LIMA BEANS PEACHES WG ROLL/ MARGARINE (2)</p>	<p>15 SPAGHETTI CALIFORNIA BLEND VEGGIES PINEAPPLE TIDBITS WG BREADSTICK MARGARINE</p>
<p>18 POT ROAST MASHED POTATOES GREEN BEANS AMBROSIA SALAD WHEAT BREAD/ BUTTER (2)</p>	<p>19 PINTO BEANS GREENS MANDARIN ORANGES CORNBREAD MARGARINE (2)</p>	<p>20 POTATO CRUNCH FISH COLESLAW ROASTED POTATOES MIXED FRUIT TARTAR SAUCE</p>	<p>21 HAMBURGER STEAK MASHED POTATOES SUCCOTASH CLEMENTINE ORANGE DINNER ROLL</p>	<p>22 GRILLED CHICKEN ON BUN ZUCCHINI AND SQUASH APPLESAUCE GRAHAM CRACKER MAYO</p>
<p>25 SPAGHETTI BROCCOLI PINEAPPLE TIDBITS WG BREADSTICK MARGARINE</p>	<p>26 BBQ CHICKEN WHIPPED SWEET POTATOES PEAS & CARROTS WG DINNER ROLL MARGARINE</p>	<p>27 TURKEY AND STUFFING CASS. GREEN BEANS MASHED POTATOES MIXED FRUIT WHEAT BREAD (1)</p>	<p>28 CLOSED FOR THANKSGIVING</p>	<p>29 CLOSED FOR THANKSGIVING</p>