


<p>NOVEMBER 2017</p> 	<p>Happy Birthday</p> <p>Vicki Jack 9 Ellen Meyer 24 Marvin Roggow 25</p>		<p>WEDNESDAY 1 Sloppy Jo Tater tots Mixed Vegetable Pears Milk</p>	<p>THURSDAY 2 Egg/Sausage Bake Hash Browns Zucchini Wheat Bread Purple Plums Banana Dessert Milk</p>	<p>FRIDAY 3 Beef Stew Tossed Salad Cheese/onion roll Apricots Milk</p>	<p>SATURDAY 4 Elk Mt Breakfast 9:00 AM French Toast Crispy Bacon Juice Chilled Milk</p>
<p><u>Recommended Serving Sizes</u> 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>MONDAY 6 Meatloaf Rice Pilaf Brussels Sprouts Wheat Roll Fruit Cocktail Milk</p>	<p>TUESDAY 7 Chicken & Dumplings Broccoli Wheat Bread Cherry Crisp Milk</p>	<p>WEDNESDAY 8 Roast Beef Mashed Pot./gravy Corn Wheat Roll Mandarin Oranges Milk</p>	<p>THURSDAY 9 Baked Ham Sweet Potato Green Beans Wheat Bread ½ Banana Milk</p>	<p>FRIDAY 10 Tuna Salad Sandwich Vegetable Soup Pickle Spear Peaches Milk</p>	<p>SATURDAY 11</p>
	<p>MONDAY 13 Chicken Patty French Fries Coleslaw Wheat Bread Citrus Fruit Milk</p>	<p>TUESDAY 14 Salisbury Steak Baked Potato Spinach Wheat Bread Pears Milk</p>	<p>WEDNESDAY 15 Spaghetti/meat sauce Italian Vegetables Tossed Salad Garlic Bread Pineapple Whip Milk</p>	<p>THURSDAY 16 Baked Pork Chop Wild Rice Blend Beets Wheat Roll Peaches Milk</p>	<p>FRIDAY 17 Turkey/Stuffing Mash. Pot./gravy Green bean casserole Wheat Roll Pumpkin Pie Whipped Topping Milk</p>	<p>SATURDAY 18 Elk Mt Breakfast 9:00 AM Sausage Gravy Biscuits Juice Chilled Milk</p>
	<p>MONDAY 20 Chicken & Noodles Squash Blend French Bread Strawberries Milk</p>	<p>TUESDAY 21 Chili Cheese/onions Tossed Salad Cornbread Mandarin Oranges Milk</p>	<p>WEDNESDAY 22 Pork Roast Sweet Potato Mixed Vegetables Applesauce Pumpkin Bread Milk</p>	<p>Thanksgiving Company Holiday Closed</p>	<p>FRIDAY 24 Beef Fajita Tortilla Steamed Rice Broccoli Cherries Milk</p>	<p>SATURDAY 25</p>
	<p>MONDAY 27 Beef Taco Tomato, lettuce, cheese Refried Beans Corn Cinnamon Apples Milk</p>	<p>TUESDAY 28 Oven Chicken Mashed Pot./gravy Asparagus Wheat Roll Apricots Milk</p>	<p>WEDNESDAY 29 BBQ Riblet Potato Wedges Peas Wheat Bread Citrus Fruit Lemon Bar Milk</p>	<p>THURSDAY 30 Swedish Meatballs Noodles Steamed Carrots Wheat Roll Strawberries Milk</p>		