

November 2018 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Choice of: 1% Milk or Buttermilk</p>	<p>Menu Written By: Carolynn Scott</p>	<p>Menu Approved By: <i>Jill Riffle MS, RDN, LD</i></p>	<p>1 * Chicken Ala King 8 oz. *Baby Lima Beans ½ c Sliced Carrots ½ c W. G. Dinner Roll 2 oz Pineapple Chunks ½ c</p>	<p>2 *Meatballs 3-1oz *Spaghetti 1 c w/ Tomato Sauce Cauliflower ½ c Spinach ½ c w/ Vinegar 1 PC Sliced Pears ½ c</p>
<p>5 *Roasted Turkey Breast 3 oz. *Gravy 2 oz. *Mashed Potatoes ½ c Broccoli ½ c Blueberry Muffin 2 oz Orange</p>	<p>6 *Rosemary Rub Roasted Pork Loin 3 oz. Green Peas ½ c Butternut Squash ½ c W.G. Dinner Roll 2 oz Escaloped Apples ½ c</p>	<p>7 *Breaded Fish 4 oz Tartar Sauce 1 PC Tater Tots ½ c w/ Ketchup 1PC Spinach ½ c Whole Grain Wheat Mixed Fruit ½ c W.G. Vanilla Wafers 1 oz</p>	<p>8 *Beef Sloppy Joe 4 oz. *Seasoned Wedge Potatoes ½ c Ketchup 1 PC Green Beans ½ c Whole Grain Bun Sliced Apricots ½ c</p>	<p>9 * Salisbury Steak 3 oz. w/ Gravy 2 oz. *Mashed Potatoes ½ c Baby Carrots ½ c 2 Whole Grain Wheat Banana</p>
<p>12 Veteran's Day Site Closed</p>	<p>13 *Tomato Basil Chicken 3oz. *Spaghetti 1 c. w/Sauce Mixed Vegetables ½ c Corn w/ Red Peppers ½ c Sliced Pears ½ c</p>	<p>14 *Beef Meatloaf w/ Ketchup Glaze 3 oz. *Gravy 2 oz. *Mashed Potatoes ½ c Capri Blend ½ c 2 Whole Grain Wheat Sliced Peaches ½ c</p>	<p>15 *Sliced Ham 3 oz. w/ Pineapple Glaze *Cheesy Potatoes ½ c Broccoli ½ c W. G. Dinner Roll 2 oz Escaloped Apples ½ c</p>	<p>16 *BBQ Chicken Breast 3 oz Green Peas ½ c *Sweet Potatoes ½ c 2 Whole Grain White Mixed Fruit ½ c</p>
<p>19 *Chili Con Carne 8 oz. Corn w/ Red Peppers ½ c Mixed Vegetables ½ c Rye Bread W.G. Vanilla Wafers 1 oz Applesauce ½ c</p>	<p>20 Stuffed Green Pepper 6 oz *Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain Rye Banana</p>	<p>21 *Turkey 3 oz. w/ Gravy 2 oz. Stuffing 4 oz *Sweet Potatoes ½ c Spinach ½ c Mandarin Oranges ½ c</p>	<p>22 Thanksgiving Day Site Closed</p>	<p>23 Site Closed</p>
<p>26 *Swedish Meatballs 3 oz. *Noodles ½ c Green Beans ½ c Red Cabbage ½ c Whole Grain Wheat Sliced Pears ½ c</p>	<p>27 *Beef Stew 8 oz. *Spinach ½ c Mixed Vegetables ½ c Corn Muffin 2 oz Tropical Fruit ½ c</p>	<p>28 *Breaded Chicken Breast Patty Mayo 1 PC 3 oz Harvard Beets ½ c Broccoli ½ c W. G. Hamburger Bun Orange Juice 4 oz.</p>	<p>29 *Stuffed Cabbage 6 oz *Sauce 2 oz *Buttered Noodles ½ c Green Beans ½ c Sliced Carrots ½ c W.G. Vanilla Wafers 1 oz Sliced Peaches ½ c</p>	<p>30 *Chicken Cacciatore 3 oz. *Sauce 2 oz. *Brown Rice ½ c Green Peas ½ c Brussel Sprouts ½ c Whole Grain Wheat Sliced Apricots ½ c</p>