

Monday	Tuesday	Wednesday	Thursday	Friday
	King Ranch Chicken Casserole Confetti Rice Green Beans Whole Wheat Bread Creamsicle Pudding Milk Margarine Diet – Vanilla Pudding  <i>Cal: 712 18.6gm Fat 1</i>	Hamburger Patty* Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet – Mixed Fruit  <i>Cal: 911 33.3gm Fat 2</i>	Vegetable Lasagna   Cauliflower Squash/Zucchini/Tomatoes Whole Wheat Breadstick Fresh Fruit <b>Birthday Cake</b>  Milk Diet – Same  <i>Cal: 726 23.2gm Fat 3</i>	Country Fried Steak*  Country Gravy Garlic Whipped Potatoes Broccoli Dinner Roll Fresh Fruit Milk Margarine Diet – Same  <i>Cal: 823 29.2gm Fat 4</i>
Swedish Chicken Meatballs* Parslied Penne Pasta Stewed Tomatoes Dinner Roll Fresh Fruit Milk Margarine Diet – Same <i>Cal: 722 24.9gm Fat 7</i>	Beef Fiesta Macaroni# Cauliflower Capri Vegetables Whole Wheat Breadstick Fruited Lemon Gelatin Milk Margarine Diet – Fruited Gelatin <i>Cal: 724 25.8gm Fat 8</i>	Potato Crusted Fish  Marinated Carrots Black-Eyed Peas Whole Wheat Bread Apple Cobbler Milk Tartar Sauce Diet – Pineapple Tidbits <i>Cal: 731 24.0gm Fat 9</i>	Beef Chili with Beans Rice Mixed Vegetables Cornbread Gingerbread Cookie Milk Margarine Diet – Same <i>Cal: 853 29.0gm Fat 10</i>	Turkey Sausage Patties# Grits Hot Spiced Peaches Biscuit Fresh Banana Milk Margarine Diet – Same <i>Cal: 661 18.4gm Fat 11</i>
Meatloaf*  Tomato Gravy Garlic Whipped Potatoes Catalina Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same  <i>Cal: 640 18.7gm Fat 14</i>	Margarita Chicken Thigh# Yellow Rice Fiesta Vegetables Texas Bread Oatmeal Cream Cookie Milk Margarine Diet – Same  <i>Cal: 980 41.5gm Fat 15</i>	Alfredo Dill Cheese Ravioli#  Green Beans with Onions Sliced Carrots Whole Wheat Breadstick Fresh Banana Milk Margarine Diet – Same  <i>Cal: 624 15.5gm Fat 16</i>	Hamburger Patty* Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet – Sliced Peaches  <i>Cal: 911 33.3gm Fat 17</i>	<b>Thanksgiving</b>  Turkey Breast with Gravy Cornbread Dressing Mashed Spiced Yams Tossed Salad Dinner Roll Milk Margarine Cranberry Sauce Ranch Salad Dressing <i>Cal: 727 26.9gm Fat 18</i>
Parmesan Chicken* Parslied Rice Cauliflower with Red Peppers Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same <i>Cal: 667 23.0gm Fat 21</i>	Swiss Steak* Oven Roasted Potatoes Pacific Vegetables# Whole Wheat Bread Fig Bar Milk Margarine Diet – Same <i>Cal: 711 26.9gm Fat 22</i>	Turkey Pot Pie Diced Beets Squash/Zucchini/Tomatoes Dinner Roll Fresh Fruit Milk Margarine Diet – Same <i>Cal: 672 18.8gm Fat 23</i>	<b>Closed for Holiday</b>	<b>Closed for Holiday</b>
Vegetable Beef Soup Brussels Sprouts Squash Medley Dinner Roll Fresh Fruit Milk Margarine Diet – Same  <i>Cal: 647 22.8gm Fat 28</i>	Turkey Noodle Casserole Green Beans Lemon Broccoli# Whole Wheat Breadstick Oatmeal Cream Cookie Milk Margarine Diet – Same  <i>Cal: 737 21.4gm Fat 29</i>	Glazed Ham Black-Eyed Peas Mixed Greens Cornbread Fresh Fruit Milk Margarine Diet – Same  <i>Cal: 612 20.4gm Fat 30</i>	 Meal ≥ 1000mg Sodium  # New Menu Item  * - Notates soy containing items ≤6.5% total volume   - Vegetarian Entrée	