

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1 Yogurt/Fruit/Granola Hot Dogs/Fruit/Chips</p> <p><u>Homemade Granola Bars</u></p> <p>Spiral Ham Scallop Potatoes Salad or Broccoli</p>	<p>2 Smoothies/French Toast/Sausage</p> <p>Fish Sticks, veggies w/ranch Apples & Peanut Butter</p> <p><u>Mongolian Beef & Broccoli</u> Rice</p>	<p>3</p> <p>BBQ Chicken Corn Salad</p>
<p>4</p> <p>Spaghetti/Meatballs Salad Bread</p>	<p>5 Smoothies/Eggs/Toast Grilled Cheese/Tomato Soup /Fruit Popcorn <u>Breaded Chicken</u> , Peas, Potato Casserole</p>	<p>6 Smoothies/<u>pancakes</u> Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich) <u>Soft Pretzels</u> <u>Beef Burritos</u> Rice</p>	<p>7 Smoothies/French Toast Mac-n-Cheese, veggies w/ranch Parfait (layered yogurt, fruit, granola) <u>Pork Roast</u>, Sweet Potato Casserole, Green Beans</p>	<p>8 Cottage Cheese & Fruit Bologna Sandwich Pretzels, fruit Spinach Dip / Torn Sheppard's Bread pieces (Knorr's Veggie Soup Mix recipe) <u>BBQ Ribs</u>, Corn <u>Mashed Potatoes</u></p>	<p>9 Egg, ham, cheese scramble PB & Honey w/banana sandwich/Fruit/Pretzels Sliced cheese, meat, crackers BBQ Pork Sandwiches (Use leftover Pork from Wed) Pork-n-beans, Corn</p>	<p>10</p> <p>Grill: Steak, onion, mushroom, tomato shish-ka-bobs Pasta Salad</p>
<p>11</p> <p>Ravioli/meatballs Bread Salad</p>	<p>12 Milk/Muffins/Fruit Grilled Ham & Cheese, Fruit</p> <p>Sliced Apples with Peanut Butter</p> <p>Grilled Pork Chops Breaded Cauliflower Salad</p>	<p>13 Smoothies/<u>pancakes</u> Hamburgers Chips/Pickle</p> <p><u>Fruit Salsa</u></p> <p><u>Creamy Chicken Burritos</u> guacamole, sour cream, tomatoes, lettuce</p>	<p>14 Smoothies/French Toast/Sausage Mini Pizzas(French bread, pizza sauce, cheese, pepperoni)</p> <p>Cheese cubes w/Pretzel toothpicks <u>Chicken Lettuce Wraps</u>, <u>Fried Rice</u></p>	<p>15 Yogurt/Fruit/Granola Ham & Cream Cheese Tortilla Pinwheels/Snap Peas or Edamame</p> <p>Veggies & Ranch Dip</p> <p><u>Homemade Calzones</u> Salad/Bread</p>	<p>16 Smoothies/Egg, ham, cheese scramble Egg Salad Sandwiches Pretzels/Pickle</p> <p>Diced Orange, Apple, Craisin & Walnut Salad</p> <p>French Dip Sandwich Potatoes, Salad</p>	<p>17</p> <p>Grill: Shish-Ka-Bobs Corn on Cob Pasta Salad</p>
<p>18</p> <p><u>Stuffed Shells</u> Salad Bread</p>	<p>19 Smoothies/Eggs/Toast</p> <p>Tuna Salad Sandwich /Fruit/ Cheese Stick</p> <p>Crackers & Crab Salad Dip</p> <p><u>Italian Beef Pot Roast</u> & Veggies</p>	<p>20 Smoothies/<u>pancakes</u></p> <p>Cheese/Ham/Crackers/Fruit (Think Lunchable)</p> <p>Chex Mix</p> <p><u>Beef/Chicken Fajitas</u> <u>Rice/Beans</u></p>	<p>21 Smoothies/French Toast</p> <p>Mac-n-Cheese, veggies w/ranch</p> <p>Fresh Fruit Salad/nuts</p> <p>Sweet-n-Sour Pork Chops, Parsley Potatoes, Peas</p>	<p>22</p> <p>HAPPY THANKSGIVING!</p>	<p>23 Smoothies/Egg, ham, cheese scramble</p> <p>Grilled Turkey, avocado, feta, sun dried tomato Panini's, Pickle, Chips</p> <p>Veggies & Ranch Dip <u>Coconut Chicken</u>, potatoes, veggies</p>	<p>24</p> <p>Grill: Hamburgers, lettuce, tomato, cheese Potato Salad</p>
<p>25</p> <p><u>Chicken Parmesan</u> (Breaded Chicken over pasta with marinara sauce)Salad, Bread Sticks</p>	<p>26 Cottage Cheese & Fruit Salami & Provolone Sandwich/Fruit/Pretzels PB, Honey & Banana Tortilla Pinwheels</p> <p><u>Tortellini Soup</u> Bread</p>	<p>27 Smoothies/<u>pancakes</u></p> <p>Sandwich/Pasta Salad/Fruit</p> <p>Parfait (layered yogurt, fruit, granola) Enchiladas, Rice/Beans</p>	<p>28 Egg, ham, cheese scramble Roast Beef, Cream Cheese, Cole Slaw, marinated red pepper tortilla roll ups Veggies & Ranch Dip</p> <p><u>White Chicken Chili/Tortillas</u></p>	<p>29 Milk/Muffins & Fruit</p> <p>Chicken Nuggets/Fruit/Nuts</p> <p>Grapes, Cheese chunks, Crackers <u>Pork Tenderloin</u>, Parsley Potatoes, Salad</p>	<p>30 Smoothies/<u>pancakes</u></p> <p>Pizza Bites (French bread, pizza sauce, cheese, toppings) Frozen Gogurt <u>Taco Salad</u> or <u>Enchilada</u> <u>Casserole</u>, Beans/Rice, etc</p>	