



	Sun 11-04-2018	Mon 11-05-2018	Tue 11-06-2018	Wed 11-07-2018	Thu 11-08-2018	Fri 11-09-2018	Sat 11-10-2018
B R K	1 - Deluxe Waffles 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Pumpkin Spice Muffins 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	3/4 c Apple Raisin Toast Dish 1 oz Breakfast Ham 1/2 c Fresh Fruit 1/2 c 100% Juice	1/2 c Cheesy Scrambled Eggs 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Breakfast Burrito 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	2 - Homemade Pancakes 1 - Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice
L U N	3 oz Smothered Cube Steak 1/2 c Fresh Mashed Potatoes 1/2 c Oven Roasted Broccoli 3"x 2" pc Fresh Cornbread 1 slice Grandma's Apple Pie	5 oz Three Cheese Ravioli 1/2 c Glazed Sweet Potatoes 1/2 c Italian Seasoned Green Beans 1 - Baked Roll 1/2 c Apple Slices	3 oz Beef Patty/Mushroom Sauce 1/2 c Roasted Carrots 1 slice Garlic Bread 1 - Lemon Cream Cupcake	3 oz Honey Mustard Pork 1/2 c Cornbread Dressing 1/2 c Spinach 1 - Baked Roll 1/2 c Blueberry Cobbler	3 oz Ham Roast 1/2 c Fresh Mashed Potatoes/Gravy 1/2 c Seasoned Cauliflower 1 - Baked Roll 1/2 c Mandarin Oranges	3 oz Cod AuGratin 1/2 c Rice 1/2 c Snap Pea Vegetable Blend 1 - Baked Roll 1/2 c Pineapple Chunks	3 oz Mushroom and Swiss Chicken 3 oz Steamed Red Potatoes 1/2 c Country Trio Medley 1 - Baked Roll 1/2 c Peach Pudding Cup
D I N	1 - Cheese Chili Bake 1/2 c Pear Fruit Medley 1/2 c Mixed Vegetables 1 - Fresh Biscuits 1 - Spice Raisin Cookies	1 - Tuna Salad Sandwich 1 - Orange Slices 1 c Green Salad 1/2 c Dill Pickle Pasta Salad	1 c Toscana Soup 1/2 c 24-Hour Fruit Salad 1/2 c Vegetable Pasta Salad 1 - Whole Grain Bread 1 - Homemade Cookie	1 - Sloppy Joes BBQ/Bun 1/2 c Applesauce 1 c Green Salad 1 oz Chips	1 - Hot Turkey Sandwich/Gravy 1/2 c Pears 1/2 c Buttery Carrots 1/2 c Fresh Mashed Potatoes	1 c Navy Bean Soup 1/2 c Easy Fruit Salad 1/2 c Green Beans 3"x 2" pc Fresh Cornbread	1 slice Pepperoni Pizza 1/2 c Assorted Fruit 1 c Green Salad