

NOVEMBER 2021 LUNCH MENU

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|---|--|
| | 1 | 2 | 3 | 4 | 5 | Available daily: tossed salad, a bean or legume, apples, oranges, carrots, canned fruit, yogurt, cold water, choices of milk including skim, 1% white and fat free choco- late. Cottage cheese is avail- able w/ most meals. |
| Menu is subject to change at any time. | Tortellini w/ sausage, fresh fruit & cherry delight | Gyros, Spanakopitas, chocolate ice box cookies | Burritos, rice, corn, jello w/ fruit | Baked potato bar, oatmeal raisin cookies | Sub Sandwich- es, chips, ba- nana pudding cookies | |
| | 8 | 9 | 10 | 11 | 12 | |
| | Ham slices, scal- loped potatoes, green beans, peanut butter blossoms | Egg salad, sand- wiches, chips, fresh fruit & harvest bars | Potato soup, ww rolls, lemon ice box cake | Bierocks, broc- coli, peanut butter caramel toffee | Cheeseburgers french fries, & espresso Coffee cookies | |
| | 15 | 16 | 17 | 18 | 19 | |
| | Spaghetti, garlic bread & raspberry coconut bars | Chicken Gnocchi soup, ww rolls, pumpkin oatmeal cookies | Pigs in a Blanket, baked beans, layered but- terscotch pudding cups | Mini pizzas, salad, fresh fruit, banana carrot cupcakes | Beef stew, ww rolls, mini pumpkin pies | |
| | 22 | 23 | November has a birthstone, the radiant blue topaz. The topaz is symbolic of many things, but most of all it is a symbol of strength and honor. The ancient Greeks also believed that the stone had the ability to turn oneself invisible. | |  blue topaz | |
| Meatball subs, chips, magic bars w/ a tropi- cal twist | TRAVEL HOME | | | | | |
| 28 | 29 | 30 | In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability. | | | |
| TRAVEL RETURN | Tacos & frosted brownies | Shepard's pie, ww rolls, fresh fruit & lemon bars | | | | |