









Center For Lifelong Learning
LUNCH

November 1 - November 30



What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4 W/G Mini Cheese Quesadillas Black Beans Fruit Milk	5 Beef Meatloaf w/Ketchup French Fries Wheat Dinner Roll Fruit Milk	6 Cheese Lasagna with Meat Sauce Green Beans Whole Wheat Dinner Roll Fruit Milk	7 	8 
11 Grilled Chicken Fillet with Gravy Mashed Potatoes Fruit Wheat Dinner Roll Milk	12 W/G Popcorn Chicken- w/ Sweet & Sour Sauce Green Beans Fruit Whole Grain Bread Milk	13 All Beef Hamburger on a Whole Wheat Bun Diced Carrots Fruit Milk	14 Salisbury Steak with Gravy Black Beans Fruit Whole Grain Bread Milk	15 Cheese Pizza Romaine Salad w/ Dressing Fruit Milk
18 Chicken Burger Whole Wheat Bun Vegetarian Beans Fruit Milk	19 BBQ Beef Riblet on Wheat Hamburger Bun French Fries Fruit Milk	20 Sunrise Egg & Cheese Omelet Grape Tomatoes Fruit Milk	21 Chicken Meatballs w/ Teriyaki Sauce Oriental Mixed Vegetables Fruit Whole Wheat Dinner Roll Milk	22 Cheese Pizza Romaine Salad w/ Dressing Fruit Milk
25 Cheese Ravioli w/ Spaghetti Sauce Green Beans Fruit Wheat Dinner Roll Milk	26 Hot Turkey and Gravy Mashed Potatoes Fruit Whole Grain Bread Milk	27 Chicken Nuggets Diced Carrots-1 1/4c. Fruit Wheat Dinner Roll Milk	28 	29 