






CHRIST DIVINE NOVEMBER 2018

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
5	6	7	8 CLOSED	9 CLOSED
 The Nutrition Group	All meals include 8oz milk 		1 Salisbury Steak w/ Gravy 1/2c Whipped Potatoes 1/2c Garlic Green Beans Wheat Bread Banana 1/2c Peaches 1/2pt Milk	2 Pasta Salad w/ Grilled Chicken Strips 1/2c Cherry Tomatoes 1/2c Broccoli Buddies Ranch 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk
12	13	14	15	16
Popcorn Chicken w/BBQ 1/2c Carroteenies Ranch Packet Wheat Dinner Roll 1/2c Tater tots w/ ketchup 1/2c Pineapple Tidbits 1 Piece Fresh Fruit 1/2pt Milk	Sloppy Joe 1/2c Green Beans 1/2c Baked Beans Wheat BBQ Bun 1/2c Mixed Fruit 1 Piece Fresh Fruit 1/2pt Milk	Chicken n Gravy over Biscuit or Wheat Bread w/ 1/2c Whipped Potatoes 1/2c Salad w/ Ranch Packet 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk		
19	20	21 CLOSED	22 Thanksgiving Closed	23 CLOSED
Chicken n Gravy over Biscuit or Wheat Bread w/ 1/2c Whipped Potatoes 1/2c Salad w/ Ranch Fresh Fruit 1/2c Pineapple 1/2pt Milk	Mighty Meatball Hoagie (3oz meatballs w/ 1/2oz LF mozzarella cheese on WW Hot dog bun) 1/2c Corn 1/2c Salad Cup w/ Ranch 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk			
26 CLOSED	27	28	29	30
	Mighty Meatball Hoagie (3oz meatballs w/ 1/2oz LF mozzarella cheese on WW Hot dog bun) 1/2c Green Beans 1/2c Salad Cup 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk	Totally Taco in a Bag (Taco Meat & shred. cheese) corn chips 1/2c Tomato & Lettuce 1/2 C Refried Beans Fresh Banana 1/2c Fruit Mix 1/2pt Milk	Chicken Fajita w/ 2oz Chicken Strips & 1c Leaf Lettuce, 1/2oz Cheese 1/2c Tomatoes & Cucumbers Ranch Dressing 1 WW Tortilla Shell Orange 1/2c Peaches 1/2pt Milk	Turkey Sandwich w/ Shaved Turkey & Provolone Cheese 1/2c Cucumbers 1/2C Celery Ranch Packet Panini or Wheat Bun 1/2c Diced Pears Fresh Fruit 1/2pt Milk



Daily Milk Choices:
Skim,
Flavored
Fat Free,
1% White