

# COAST

## November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Meatballs & Spaghetti Sauce Spaghetti Noodles Broccoli Florets 100% Fruit Juice Wheat Bread Sugar Cookie Milk Margarine	Chicken Cordon Bleu Northern Beans Garden Vegetable Blend Dinner Roll Seasonal Fruit Chocolate Milk Margarine	Meatloaf Tomato Gravy Whipped Potatoes Herbed Green Beans Wheat Bread Chocolate Chip Cookie Milk Margarine	Chicken & Sausage Gumbo Parslied Rice Whole Kernel Corn 100% Fruit Juice Saltine Crackers Rice Krispie Treat Milk Margarine
7	8	9	10	11
Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Fudge Creme Cookie Milk Margarine	Oven Fried Chicken Mashed Red Potatoes Whole Kernel Corn Wheat Bread Seasonal Fruit Milk Margarine	Chili Parslied Rice Mixed Vegetables 100 % Fruit Juice Saltine Crackers Peanut Butter Cookie Milk	Glazed Ham Black-eyed Peas Cabbage Cornbread Seasonal Fruit Milk Margarine	Chicken Chef Salad Green Pea Salad Strawberry Glazed Fruit Saltine Crackers Milk Salad Dressing - 2 each Margarine
14	15	16	17	18
Salisbury Beef Garlic Whipped Potatoes Sliced Carrots Wheat Bread Sugar Cookie Milk Margarine	Mozzarella Chicken Summer Vegetable Blend Green Peas Wheat Bread Seasonal Fruit Milk Margarine	Beef Patty Lettuce   Tomato   Pickle Hawaiian Baked Beans Hamburger Bun Hot Rosy Applesauce Chocolate Milk Ketchup	Pork Roast Onion Gravy Chunky Potatoes Garden Vegetable Blend Dinner Roll Marble Pudding Milk Margarine	<i>~Birthday Celebration~</i> Chicken & Sausage Jambalaya Corn O'Brien Green Beans Wheat Bread Birthday Cake Milk Margarine
21	22	23	24	25
Smoked Sausage Red Kidney Beans Steamed Rice Spring Vegetable Blend Wheat Bread Seasonal Fruit Milk Margarine	Bowtie Lasagna Whole Kernel Corn Glazed Carrots Wheat Bread Seasonal Fruit Milk Margarine	<i>~Thanksgiving~</i> Turkey Breast w/Gravy Cornbread Dressing Green Beans Cranberry Juice Dinner Roll Spice Cake Milk Margarine	<b>Closed for Holiday</b>	<b>Closed for Holiday</b>
28	29	30		
Beef Patty w/Onion Gravy Ranch Potatoes Green Peas Dinner Roll Seasonal Fruit Milk Margarine	Meatballs & Spaghetti Sauce Spaghetti Noodles Broccoli Florets 100% Fruit Juice Wheat Bread Sugar Cookie Milk Margarine	Chicken Cordon Bleu Northern Beans Garden Vegetable Blend Dinner Roll Seasonal Fruit Chocolate Milk Margarine		 <p><b>TRIO</b> Community Meals an elior company</p>

*Kim Dommert RD, LD*

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