

Donation: \$1.00

menu may contain allergens

**A carton of Low Fat Milk is included with every meal.
Coffee or Tea may be selected in place of the Milk.**

**Middle School on West
Silver Street. Please call the
Senior Center at 562-6435 by
10:30 a.m. to reserve your spot.**

**Thursday November 1, 2018**

W/G Spaghetti and Sauce
with Meatballs
Steamed Broccoli
Twisted Breadstick
Chilled Peaches and Pears
Carton of Low Fat Milk

Friday November 2, 2018

Parmesan Crusted Salmon
Oven Roasted Red Garlic Potatoes
Green Beans
Cornbread
Chilled Pineapple
Carton of Low Fat Milk

Monday November 5, 2018

Baked Chicken Quarter with
Rice Pilaf
California blend
Fruit Snack'n Loaf
Chilled Peaches
Carton of Low Fat Milk

Tuesday November 6, 2018

**No School
No Meal Service**

Wednesday November 7, 2018

Shepherd's Pie made with
Beef, Corn and Whipped Potatoes
Steamed Green Beans
Whole Wheat Roll
Chilled Applesauce
Carton of Low Fat Milk

Thursday November 8, 2018

Tomato Soup
Grilled Ham & Cheese on WG Bread
Cukes & Tomatoes with L/F Dressing
Baked Beans
Orange Wedges
Carton of Low Fat Milk

Friday November 9, 2018

Seasoned Pollock Loin
Whipped Potatoes
Steamed Broccoli
WG Dinner Roll
Chocolate Pudding with Topping
Carton of Low Fat Milk

Monday November 12, 2018

**No School
Veterans Day
No Meal Service**

Tuesday November 13, 2018

Baked Grilled Chicken Breast
Whipped Mashed Potatoes
Tossed Salad with Tomato Wedges
WG Mozz Twisted Breadstick
Fresh Fruit
Carton of Low Fat Milk

Wednesday November 14, 2018

Meatloaf
Rice Pilaf
Peas and Carrots
Cranberry Sauce
WG Dinner Roll
Chilled Pears
Carton of Low Fat Milk

Thursday November 15, 2018

100% Orange Juice
WG Vegetable Lasagna Rollup
California blend
WW Dinner Roll
School Cookie
Carton of Low Fat Milk

Friday November 16, 2018

Oven Baked Haddock Loin
Seasoned Noodles
Green Beans
Cornbread
Chilled Strawberries
Carton of Low Fat Milk

Monday November 19, 2018

Sloppy Joe
on WG Bun
Steamed Broccoli
Apple Crisp
Carton of Low Fat Milk

Tuesday November 20, 2018

Stuffed Shells with Meat Sauce
Mixed Vegetables
Homemade Oatmeal Bread
Chilled Mixed Fruit
Carton of Low Fat Milk

Wednesday November 21, 2018

**No Meal Service
No School
Thanksgiving Recess**

Thursday November 22, 2018

**No Meal Service
No School
Thanksgiving Recess**

**Friday November 23, 2018**

**No Meal Service
No School
Thanksgiving Recess**

Monday November 26, 2018

Swedish Meatballs
with Gravy over Noodles
Italian Blend Vegetables
Fruit Snack'n Loaf
Warmed Spiced Apple Slices
Carton of Low Fat Milk

Tuesday November 27, 2018

Yankee Pot Roast
Whipped Garlic Red Potatoes
Whole Kernel Corn
Cherry Snack'n Loaf
Chilled Pineapple
Carton of Low Fat Milk

Wednesday November 28, 2018

School Made Vegetable Beef Soup
Reduced Sodium Hot Dog
on WG Roll
Tator Tots
Chilled Pears
Carton of Low Fat Milk

Thursday November 29, 2018

Oven Baked Parmesan Chicken
Pasta with Spaghetti Sauce
Sweet Garden Peas
Homemade WG Garlic Dinner Roll
Fresh Fruit
Carton of Low Fat Milk

Friday November 30, 2018

Potato Pollock Fillet
Broccoli
Whole Kernel Corn
Homemade WG Dinner Roll
Vanilla Pudding with Topping
Carton of Low Fat Milk

