

Monday	Tuesday	Wednesday	Thursday	Friday
Meals are chosen from the DFTA pre-approved menus, which provide a nutritionally balanced diet	Alternates available daily— You must place your choice no later than 11:30AM		1 Hunters Stew Egg Noodles Baby Carrots with Parsley Grape Juice Orange	2 Turkey Burger Hamburger Bun Whole Wheat Home Fries with Peppers and Onion Garden Salad Canned Mandarin
5 Chicken Meatballs With Carrot Sauce Whole Wheat Spaghetti Baby Spinach Salad Apple Juice Fruit Cocktail	6 Butternut Squash Soup Baked Fish with Garlic Sauce Wild Rice Brussel Spouts Orange Pineapple Juice Sliced Canned Peached	7 Eggplant Parmesan Bowtie Pasta Garlic Bread Mixed Green Salad Orange	8 Chicken Marsala Smashed Red Potatoes Whole Wheat Bread Steamed Kale Grape Juice	9 Black Bean Soup Lemon Pepper Cod Whole Wheat Bread Yellow Plantains Winter Blend Vegetables Grapes
12 Pepper Flank Steak Baked Potatoes Whole Wheat Bread Broccoli with Toasted Garlic Orange	13 Chicken Fricassee Whole Wheat Bread Collard Greens with Tomato Gape Juice Slice Canned Peaches	14 Lentil Soup Bake Fish with Alfredo Sauce Whole Wheat Spaghetti Italian Blend Vegetables Fruit Cocktail Orange Pineapple Juice	15 THANSGIVING LUNCH Roasted Turkey Stuffing, Gravy Baked Yams Sauté Kale Roasted Brussels Sprouts Whole Wheat Dinner Roll Pineapple Chunks Apple Pie Ice Cream	16 Beef Meatloaf with Mushroom Gravy Kasha Whole Wheat Bread Steamed Kale Banana
19 Chicken Cacciatore Egg Noodles Whole Wheat Dinner Roll Steamed Spinach Apple Juice Canned Pineapple	20 BIRTHDAY PARTY Baked Salmon with Lemon Tarragon and Thyme Barley, Corn and Black Bean Salad Roasted Vegetables Frozen Berries Cake Ice Cream	21 Split Pea Soup Turkey Burger Hamburger Bun Whole Wheat Roasted Sweet Potato Fries Sautéed String Beans Applesauce Grape Juice	22 THANKGIVING CENTER CLOSED	23 THANKGIVING CENTER CLOSED
26 Baked Ziti with Meatballs California Blend Vegetables Whole Wheat Bread Sliced Pears Apple Juice	27 Polish Cabbage Soup Baked Marinated Cod Whole Wheat Bread Kale and Tomato Yellow Plantains Fruit Cocktail Orange Pineapple Juice	28 Orzo Stuffed Peppers Garlic Bread Four Bean Salad Fresh Sliced Tomatoes and Cucumbers Orange	29 Chicken Noodle Soup Broiled Fish Parmesan Whole-wheat Bread Roasted Brussels Sprouts Roasted Potatoes Canned Mandarins	30 Arroz con Pollo Chicken Breast and Rice Whole Wheat Bread Garden Salads Banana Orange Pineapple Juice

