

November 2024	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (Week 2)	West Lake Worth!	This menu is subject to change!			1 4 oz. Blended Juice x 2 1 Hardboiled Egg 2 sl. Cheese 2 sl. WG Bread 1 Margarine Cup 8 oz 1% Milk
LUNCH					3 oz Meatloaf w/Brown Gravy ½ cup Cabbage & Carrots ½ cup Mashed Potatoes 1 Slice WG Bread 4 oz Applesauce 8 oz 1% Milk
BREAKFAST (Week 3)	4 4 oz Blended Juice x 2 2 Slices WG Bread 1 ea. Peanut Butter 2 pkt. Jelly 8 oz 1% Low fat Milk	5 4 oz Apple Juice 1 ea. Toasted Oats Cereal 1 Bagel 1 ea. Peanut Butter 8 oz. 1% Low fat Milk	6 1 Hardboiled Eggs 2 slices WG Bread 2 slices Cheese 4 oz Applesauce 8 oz. 1% Low Fat Milk	7 4 oz Blended Juice x 2 1 Hard-Boiled Egg 1 Slices Cheese 2 oz Ham 2 WG Bread 8 oz. 1% Low Fat Milk	8 1 Hardboiled Egg 2 Slices Cheese 2 Slices WG Bread 4 oz. Applesauce 8 oz 1% Milk
LUNCH	3 oz Spicy Mustard Chicken Thigh ½ cup California Vegetable Blend 1/2 cup Cheesy Mashed Potatoes 1 WG Bread 4 oz Apple Juice 8 oz. 1% Low fat Milk	8 oz. Vegetable Pasta Casserole ½ Cup Green Beans ½ cup Glazed Carrots 2 Slice WG Bread 4 oz Apple Cherry Juice 8 Oz. 1% Low Fat Milk	3 oz. Cheeseburger ½ cup Yellow Squash ½ cup Country Vegetable Medley 1 Hamburger Bun 4 oz Applesauce 8 oz. 1% Low Fat Milk	3 oz Meatballs & Marinara ½ cup Broccoli ½ cup Pasta 1 Slice WW Roll 1 pkt. Graham Crackers 8 oz. 1% Low Fat Milk	3 oz Chicken Thigh w/ Chicken Gravy ½ cup Black Eyed Peas ½ cup Mashed Potatoes 1 Slice WG Bread 4 oz Apple Juice 8 oz 1% Milk
BREAKFAST (Week 4)	11 4 oz. Apple Juice 1.5 oz. Granola 2 oz. Cottage Cheese 2 sl. WG Bread 8 oz. 1% Low Fat Milk	12 1 ea. W Bran Cereal 1 WW English Muffin 1 ea. Peanut Butter 2 pkts. Jelly 4 oz. Applesauce 8 oz. 1% Low Fat Milk	13 4 oz Blended Juice x 2 1 Hard-Boiled Eggs 2 Slices Cheese 2 Slices WG Bread 8 oz. 1% Low fat Milk	14 4 oz Blended Juice x 2 2 sl. WG Bread 1 ea. Peanut Butter 2 pkt. Jelly 1% Low Fat Milk	15 4 oz Applesauce 2 Hardboiled Eggs 1 Slices Cheese 1 Bagel 8 oz. 1% Low Fat
LUNCH	3 oz Sloppy Joes ½ cup Peas & Carrots ½ cup Mashed Potatoes 1 Hamburger Bun 4 oz Applesauce 8 oz. Low Fat Milk	3 oz Honey Orange Chicken Thigh ½ cup Green Beans ½ Cup Brown Rice 1 sl. WG Bread 4 oz Apple Juice 8 oz. 1% Low Fat Milk	8 oz. Penne Bolognese ½ cup Glazed Carrots ½ cup Confetti Corn 1 Slices WG Bread 1 Apple 8 oz. 1% Low Fat Milk	3 oz. Chicken Sandwich ½ cup Northern Beans w/Peppers & Onions ½ cup Buttered Squash 1 WG Hamburger Bun 4 oz Blended Juice 8 oz 1% Milk	8 oz Meatballs w/Onion Beef Gravy ½ cup Country Vegetable Medley ½ cup Parslied Mashed Potatoes 1 WG Bread 4 oz Mixed Fruit Cup 8 oz 1% Milk
BREAKFAST (Week 1)	18 1 ea., Wheat Bran Cereal 1 WW English Muffin 1 ea. Peanut Butter 4 oz. Applesauce 8 oz. 1% Low Fat Milk	19 4 oz Blended Juice x 2 2 Slices WG Bread 1 ea. Peanut Butter 2 pkt. Jelly 8 oz. 1% Low Fat Milk	20 2 Hardboiled Eggs 2 Slice Cheese 2 Slices WG Bread 4 oz Apples Cherry Juice 8 oz. 1% Milk Low fat Milk	21 4 oz Blended Juice x 2 1 ea. Toasted Oats Cereal 1 WG Bagel 1 ea. Peanut Butter 8 oz 1% Milk	22 1 Hardboiled Egg 2 Slices Cheese 2 Slices WG Bread 4 oz. Applesauce 8 oz 1% Milk
LUNCH	8 oz Beef Stroganoff Casserole ½ cup Green Beans ½ cup Peas & Carrot 1 Slice WG Bread 4 oz Applesauce 8 oz. 1% Low Fat Milk	3 oz Sweet & Sour Meatballs ½ Cup Yellow Squash ½ cup White Rice 1 Slice WG Bread 8 oz. 1% Low Fat Milk	3 oz. Chicken Thigh w/ Mushroom Gravy ½ cup Carrot Coins ½ cup Mashed Potatoes 1 WG Bread 1 Apple 1 Margarine cup 8 oz. 1% Low Fat Milk	3 oz Cheeseburger ½ cup Country Vegetable Medley ½ cup Butternut Squash 1 Hamburger Bun 4 oz Pineapple Juice 8 oz 1% Milk	3 oz. Diced BBQ Chicken ½ cup Confetti Corn ½ cup Northern Beans w/Peppers & Onions 1 Slice WW Roll 1 oz. Peanuts 8 oz 1% Milk
BREAKFAST (Week 2)	25 4 oz Blended Juice x 2 2 Slice WG Bread 1 ea. Peanut Butter 2 pkt. Jelly 8 oz 1% Milk	26 4 oz Apple Juice 1 ea. Toasted Oats Cereal 1 Bagel 1 ea. Peanut Butter 8 oz 1% Milk	27 1 Hardboiled Egg 2 sl. Cheese 2 sl. WG Bread 4 oz Applesauce 8 oz 1% Milk	28 <i>Nappy Thanksgiving!</i>	29 CLOSED
LUNCH	3 oz. Seasoned Chicken Thigh ½ cup Peas & Carrots ½ cup Cheesy Mashed Potatoes 1 Slice WG Bread 4 oz. Apples Juice 1 pkt. Graham Crackers 8 oz 1% Milk	3 oz Teriyaki Beef Patty ½ cup Gingered Brown Rice ½ Carrot Cuts 1 Slice WG Bread w/margarine 4 oz Apple Cherry Juice 8 oz 1% Milk	8 oz. Rotini Alfredo ½ c. Broccoli ½ c. Winter Vegetable Medley 1 WW Roll 1 ea. Peanut Butter 4 oz Blended Juice 8 oz 1% Low Fat Milk		