

					Thursday, Nov. 1	Friday, Nov. 2
Lutheran Social Service	Fruits and vegetables offered daily. 1 cup low fat milk served with each meal. This institution is prohibited from discrimination on base of race, color, sex, age or disability.			BBQ Chicken Seasoned Potatoes Peas WG Roll/Margarine Chef's Choice Fruit Low Fat Milk Plain and Chol	Lasagna Romaine & Spinach Tossed Salad/Drsg Fruit Cocktail Ice Cream WG Breadstick Low Fat Milk Plain and Chol	
Monday, Nov. 5	Tuesday, Nov. 6	Wednesday, Nov. 7	Thursday, Nov. 8	Friday, Nov. 9		
Tatortot Hot dish Glazed Carrots Fresh Apple WG Bread/Margarine Low Fat Milk Plain and Chol	Bag Lunch!	Rigatoni With Beef Romaine & Spinach Tossed Salad/Drsg Peaches WG Bread/Margarine Low Fat Milk Plain and Chol	No School	No School		
Monday, Nov. 12	Tuesday, Nov. 13	Wednesday, Nov. 14	Thursday, Nov. 15	Friday, Nov. 16		
Chicken Pot Pie Mixed Vegetables Plums with Sauce WG Bun/Margarine Low Fat Milk Plain and Chol	Cheesy Vegetable Soup Chicken Salad WG Sub Bun Pea & Cheese Salad WG Crackers Chef's Choice Fruit Cookie Low Fat Milk Plain and Chol	Grilled Chicken WG Sub Bun Baked Beans Baby Carrots & Ranch Pears Low Fat Milk Plain and Chol	Potato Bar Diced Ham, Cheese, Onions Copped Broccoli Sour Cream Pineapple Low Fat Milk Plain and Chol	Taco Salad WG Chips Lettuce, Cheese, Golden Rice Diced Tomatoes & Onions Salas, Sour Cream Fresh Apple Low Fat Milk Plain and Chol		
Monday, Nov. 19	Tuesday, Nov. 20	Wednesday, Nov. 21	Thursday, Nov. 22	Friday, Nov. 23		
Country Steak & Gravy Mashed Potatoes Green Beans Peaches WG Bun/Margarine Low Fat Milk Plain and Chol	Beef Stroganoff Egg Noodles Mixed Vegetables Mandarin Orange Whip WG Bread/Margarine Low Fat Milk Plain and Chol	Roasted Turkey Mashed Potatoes & Gravy Sweet Potato Casserole Cranberry Sauce Cookie WG Roll/Margarine Low Fat Milk Plain and Chol		All Meals are Subject to change This Menu is Designed for Senior Nutrition, Voyageurs & TrekNorth School Written/ Approved by Shaye Thompson		
Monday, Nov. 26	Tuesday, Nov. 27	Wednesday Nov. 28	Thursday, Nov. 29	Friday, Nov. 30		
Minnesota Rice Hot dish Sweet Potatoes Pineapple WG Bread/Margarine Low Fat Milk Plain and Chol	Chili Cheese Romaine & Spinach Tossed Salad/Drsg Cornbread With Honey butter WG Crackers Baked Apples Low Fat Milk Plain and Chol	Creamed Chicken Rice Pilaf Peas Chef's Choice Fruit WG Roll/Margarine Cookie Low Fat Milk Plain and Chol	Glazed Meatloaf Mashed Potatoes & Gravy Green bean Casserole Peaches WG Bread/Margarine Low Fat Milk Plain and Chol	Hot Ham & Cheese WG Bread Carrots & Ranch Fresh Orange Coleslaw Ice Cream Cup Low Fat Milk Plain and Chol		