SERVING SIZES
Grains – 2 ounces
Vegetables – ½ cup
Fruits – ½ cup
Protein – 3 ounces
Dairy – 1 cup

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Vegetable barley soup Beef & vegetable Shepards pie Mashed potato Corn bread Sliced peaches	3 Navy bean soup Lemon chicken w/artichokes Cauliflower bulgar pilaf Mashed sweet potatoes Tropical Fruit	4 Chicken noodle soup Swedish meatballs w/ mushroom gravy Italian green beans Barley pilaf Fresh melon	5 Tomato soup Pork loin w/apple onion gravy Vegetable medley Rice pilaf Watermelon	6 Lentil soup Sausage & pepper sandwich Roasted zucchini & yellow squash Sliced pears
9 Minestrone soup Moroccan chicken Roasted broccoli w/ cheese Sweet potato Fruit cocktail	10 Mushroom barley soup Sloppy joe Sautéed Greek vegetables Lemon potatoes Sliced Peaches	11 **Closed for Veterans Day**	12 Split pea soup Pot roast w/ gravy Mashed potatoes Glazed carrots	13 Tuscan vegetable soup Chicken stew Brussels sprouts Roasted sweet potatoes Sliced pears
16 Minestrone soup Chicken marsala Mixed vegetables Rice Florentine Fresh fruit	17 Three bean soup Italian meatballs w/red sauce Roasted red potatoes Green beans w/ diced tom & onion Tropical fruit	18 Chicken soup Pork roast w/ gravy Brown rice pilaf Stewed tomatoes w/ zucchini Watermelon	19 Butternut squash soup Roasted turkey w/gravy Stuffing Mashed potato /cranberry sauce Roasted root vegetables Fresh Fruit	20 Kale & sausage soup Baked fish Rice pilaf Cole slaw Watermelon
23 Vegetable soup Baked pasta w/mini meatballs & Sausage Roasted green beans & carrots Sliced pears	24 Escarole & bean soup Roasted chicken w/spinach & tomatoes Rice pilaf / mixed vegetables Sliced peaches	25 Tomato basil spinach soup Honey garlic pork chops Garlic mashed cauliflower Baby carrots Fresh Fruit	26 **Closed for Thanksgiving Day**	27 **Closed for Thanksgiving Holiday**
30 Lentil soup w/vegetables Pub burger w/cheese 3 bean salad Potato wedges Sliced peaches				Bread & Milk Served Daily WW=whole Wheat