


Tri-County Office on Aging Head Start Lunch Menu November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 Meatloaf Seasoned Potatoes WG Roll Orange *Milk	02 Baked Chicken Butternut Squash WG Blueberry Muffin Strawberry Applesauce *Milk	03 Sloppy Joe WG Hamburger Bun Wax Beans Pineapple *Milk	04 Roast Turkey Sweet Potatoes WG Bread Orange *Milk	05 ALL CLASROOMS CLOSED
08 Chicken Parmesan Vegetable Blend Tropical Fruit Mix WG Spaghetti *Milk	09 Beef Enchiladas Corn Strawberry Applesauce Spanish Rice *Milk	10 Turkey and Cheese Sub Scalloped Potatoes Fresh Melon WG Hot Dog Bun *Milk	11 HOLIDAY	12 BBQ Chicken Breast Cauliflower Mandarin Oranges WG Roll *Milk
15 Chicken Nuggets Diced Carrots Peaches WG Corn Muffin *Milk	16 Swedish Meatballs Green Peas Pineapple Tidbits WG Roll *Milk	17 Chees Ravioli w/ Marinara Sauce Sweet Corn Fresh Melon WG Garlic Stick *Milk	18 Chicken Picatta Seasoned Potatoes Tropical Fruit WG Bread *Milk	19 Sloppy Joe WG Hamburger Bun Mixed Vegetables Applesauce *Milk
22 Potato Crusted Pollock Butternut Squash Pineapple Tidbits WG Blueberry Muffin *Milk	23 Hamburger Wax Beans Fresh Oranges Slices WG Hamburger Bun *Milk	24 Chicken Alfredo Broccoli Pears WG Pasta *Milk	25 HAPPY	26 THANKSGIVING
29 WG Breaded Chicken Patty Corn WG Bread Orange *Milk	30 Rosemary Turkey Mashed Potatoes WG Roll Applesauce *Milk		WG = Whole grain rich *Milk: Record which kind of unflavored milk is served	