November 1st – November 7th

	SUNDAY 1st	MONDAY 2nd	TUESDAY 3rd	WEDNESDAY 4th	THURSDAY 5th	FRIDAY 6th	SATURDAY 7th
BREAKFAST	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST PASTRY FRUIT
LUNCH	COUNTRY FRIED STEAK MASH POTATO W/ GRAVY CALIFORNIA BLEND PUMKIN PIE ALTERNATE ITEMS: CABBAGE ROLL LIMA BEANS ANYTIME MENU OPTION	*HM BEEF PEPPER STEAK BUTTERED RICE CARROTS APPLE SNICKER SALAD ALTERNATE ITEMS: SALISBURY STEAK CABBAGE ANYTIME MENU OPTION	*HM SMOTHERED CHICKEN RICE PILAF COUNTRY GREEN BEANS BANANA PUDDING ALTERNATE ITEMS: MACARONI AND BEEF CARROTS ANYTIME MENU OPTION	*HM MEATLOAF YUKON MASH POTATO GRAVY BUTTERED CORN CHOCOLATE CAKE ROLL ALTERNATE ITEMS: CHICKEN ALFREDO W VEGGIES WAX BEANS ANYTIME MENU OPTION	HERB ROASTED PORK PARTY POTATOES BROCCOLI CARAMEL APPLE OATMEAL COOKIE ALTERNATE ITEMS: STUFFED PEPPERS BAKED BEANS ANYTIME MENU OPTION	BREADED COD LEMON/ TARTAR FRENCH FRY COLESLAW PEACH COBBLER w/ WHIP TOPPING ALTERNATE ITEMS: CHICKEN BREAST CORN ANYTIME MENU OPTION	GARLIC PARMESEAN BAKED CHICKEN PASTA W/ MARINARA TOSS SALAD GARLIC TOAST CARAMEL CAKE ALTERNATE ITEMS: PORK FRITTER YAMS ANYTIME MENU OPTION
DINNER	*HM CHICKEN NOODLE SOUP DINNER ROLL SALTINES FRUITED JELLO ALTERNATE ITEMS: SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	TURKEY & PROVOLONE- on RYE BREAD PARMESEAN-GREEN PEPPER PASTA SALAD MANDARIN ORANGES ALTERNATE ITEMS: SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	CREAMY TOMATO-SAUSAGE TORTELLINI SOUP FRESH BAKED BREAD VANILLA MOUSSE ALTERNATE ITEMS: SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	BREADED CHICKEN ON A BUN LETUCE/ TOMATO POTATO CHIPS BOMB POP ALTERNATE ITEMS: SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	*HM GOULASH COTTAGE CHEESE CHEDDAR BISCUIT ICE CREAM CUP ALTERNATE ITEMS: SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	GRILLED CHEESE TOMATO BISQUE LEMON SUGAR COOKIE ALTERNATE ITEMS: SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	*BEEF VEGETABLE SOUP CORNBREAD BUTTERSCOTCH PUDDING ALTERNATE ITEMS: SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION

MENU SUBJECT TO CHANGE *HM: HOMEMADE AVERAGE DAILY MENU: 2-4 gm SODIUM/DAY 45-60 gm CARBS/MEAL