NOVEMBER 22ND – NOVEMBER 28TH, 2026

	SUNDAY 22nd	MONDAY 23rd	TUESDAY 24th	WEDNESDAY 25th	THURSDAY 26th	FRIDAY 27th	SATURDAY 28th
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	CHICKEN KIEV MASHED POTATOES & GRAVY CASCADE VEGETABLE DUTCH APPLE PIE ALTERNATE ITEMS: BEEF TENDERKNIT CARROTS ANYTIME MENU OPTION	GLAZED PORK TENDERLOIN RICE PILAF PEAS RED VELEVET CAKE ALTERNATE ITEMS: BREADED CHICKEN GREEN BEANS ANYTIME MENU OPTION	CHICKEN ALFREDO BROCCOLI GARLIC BREADSTICK BLUEBERRY CRISP ALTERNATE ITEMS: SHRIMP RED CABBAGE ANYTIME MENU OPTION	BBQ RIB PATTY CHEESY GARLIC MASHED POTATOES CARROTS CARAMEL APPLE COOKIE ALTERNATE ITEMS GRILLED CHICKEN WAX BEANS ANYTIME MENU OPTION	ROASTED TURKEY STUFFING SWEET YAMS DINNER ROLL PUMPKIN PIE  ALTERNATE ITEMS: PORK TENDERKNIT CREAMED CORN ANYTIME MENU OPTION	BAKED COD FRENCH FRY CORN SALAD LEMON & TARTAR RHUBARB BAR ALTERNATE ITEMS: STUFFED PEPPERS BEETS ANYTIME MENU OPTION	CHEESEBURGER LETTUCE/TOMATO TATOR TOTS BEET SALAD LEMON BAR ALTERNATE ITEMS: ESCALLOPED CHICKEN AND PASTA CARROTs ANYTIME MENU OPTION
DINNER	NAVY BEAN SOUP ½ BOLOGNA SANDWICH PEARS WITH CINNAMON ALTERNATE ITEMS: SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	LASAGNA SOUP GRILLED CHEESE TIRAMISU ALTERNATE ITEMS: SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	EGG SALAD ON CROISSANT BEEF BARLEY SOUP MANGO ALTERNATE ITEMS: SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	WHITE CHICKEN CHILI CORNBREAD FRUIT CHOCOLATE MINT MOUSSE ALTERNATE ITEMS: SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	SLOPPY JOE ON A BUN POTATO SALAD GREEN BEANS ICE CREAM CUP ALTERNATE ITEMS SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	HAM AND SWISS SANDWICH ON MARBLE RYE PASTA SALAD VANILLA MOUSSE ALTERNATE ITEMS: SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	TUNA SALAD SANDWICH BEER CHEESE SOUP SUGARED MINI DONUT 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