

Community Action Head Start Meals November 2012

Monday	Tuesday	Wednesday	Thursday
Milk Served with all lunches			November 1 Chicken Salad ½ Whole Wheat Bread Carrot & Celery Sticks w/dip Strawberries
November 5 Beef Tips/ Gravy over Savory Brown Rice Mixed Veggies Mandarin Oranges	November 6 Meatloaf ½ slice of bread Scalloped Potatoes Baked Cinnamon Apples	November 7 Taco Salad (Meat, Lettuce, Tomato) Refried Beans Corn Chips Tropical Fruit	November 8 Chicken Tenders Baked Beans Corn Muffin Grapes
November 12 No Class Veterans Day	November 13 Chicken Alfredo w/ Broccoli & Whole Grain Noodles Lettuce Salad w/ Dressing Apricots	November 14 BBQ Ribbette ½ Whole Wheat Roll Green Beans Banana	November 15 Sloppy Joes/ ½ Bun Buttered Corn Applesauce
November 19 ½ Pork Chop Patty w/bun Carrots & Peas Pineapple	November 20 Pigs in a Blanket Potato Wedges Rosy Applesauce	November 21 No Class Thanksgiving Break	November 22 HAPPY THANKSGIVING!!! Agency Closed. No Service.
November 26 Ravioli/ Meat Sauce Garlic Bread Italian Vegetables Peaches	November 27 Ham and Beans Cornbread Coleslaw Fresh Orange	November 28 Chicken Fajitas Shredded Lettuce & Tomatoes ½ Whole Grain Tortilla Corn Fruit Cocktail	November 29 Turkey Pasta Salad Whole Grain Crackers Green Beans Pickled Beets Apricots