



November 2024 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Did you know... being thankful is good for your health! Regularly practicing gratitude through journaling, telling someone, or having a moment of reflection has been shown to reduce depression, anxiety, and stress while improving sleep and overall mental health. Challenge yourself to practice gratitude every day this month by writing down at least one thing you are thankful for! We are thankful for YOU!</p>				1st Cook's Choice Coffee/Tea/Milk
4th Chili with Beef and Beans Coleslaw Baked Potato w/ sour cream Cinnamon Rolls Crackers Coffee/Tea/Milk	5th Chicken Fried Steak/ white gravy Mashed Potatoes Broccoli Wheat Roll Pears Coffee/Tea/Milk	6th Pork Cutlet Sweet Potatoes Cauliflower Peaches Wheat Roll Coffee/Tea/Milk		7th Biscuits and Gravy Sausage Scrambled Eggs Hashbrown Orange Juice Coffee/Tea/Milk
11th Cheeseburger w/ Bun Lettuce, Tomato, Onion, Pickle Potato Wedges Broccoli Salad Apple Crisp Coffee/Tea/Milk	12th Sweet and Sour Chicken Fried Rice Oriental Vegetables Egg Roll Mandarin Oranges/Fortune Cookie Coffee/Tea/Milk	13th Meatloaf w/ Ketchup Mashed Potatoes w/ Gravy Candied Carrots Dark Green Leafy Salad Wheat Roll Coffee/Tea/Milk	14th Creamy Potato Soup Hot Ham & Cheese Sandwich Coleslaw Warm Cinnamon Apples Vanilla Ice Cream Coffee/Tea/Milk	15th Cooks Choice Coffee/Tea/Milk
18th Filipino Hamonado Pineapple Chicken Stew Served on White Rice Oriental Vegetables Wheat Roll Cake w Fruit Coffee/Tea/Milk	19th Taco Salad (meat, cheese, & beans) Lettuce, Tomatoes, & Onions Tropical Fruit Tostitos Pudding Coffee/Tea/Milk	20th German Meatballs w Sauerkraut Mashed Potatoes Brussel Sprouts Baked Apples w/ Cinnamon Wheat Roll Coffee/Tea/Milk	21st Birthday Dinner Oven Fried Chicken Mashed Potatoes w Gravy Pea & Carrots Wheat Roll Birthday Cake w Fruit Coffee/Tea/Milk	22nd Chef Salad w/ Egg Cheese Tomatoes Cucumber Onion 1/2 Ham Sandwich Crackers Rosie Apple Sauce Coffee/Tea/Milk
25th Open Faced Roast Beef Sand Mashed Potatoes / Gravy Dark Green Leafy Salad Cauliflower Brownies Coffee/Tea/Milk	26th Turkey / Stuffing Sweet Potatoes Green Bean Casserole Cranberry Sauce/ Wheat Roll Pumpkin Pie Coffee/ Tea Milk	27th Vegetable Beef Stew Dark Green Leafy Salad Pineapple Coleslaw Cornbread Tropical Fruit Coffee/Tea/Milk	28th Happy Thanksgiving! CLOSED 	29th Happy Thanksgiving CLOSED

