

November Cold Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 VEGETABLE TACO SALAD 29GM COTTAGE CHEESE 3GM RED FLAME GRAPES 14GM TORTILLA CHIPS 20GM SALSA AND RANCH PACKETS
4 HAM SALAD ON MIXED GREENS 14GM BROWN RICE AND PEA SALAD 16GM TROPICAL FRUIT 11GM WHOLE GRAIN ROLL 35GM	5 TURKEY TWIST PASTA 20GM PEARS 9gm MARINATED TOMATOES 2gm WHOLE GRAIN ROLL 35gm	6 CRAB SALAD ON GREENS 17gm WINTERBEAN SALAD 16gm PEACHES 12gm WHOLE GRAIN ROLL 35gm	7 TURKEY & SWISS, LEAF LETTUCE CREAMY MACARONI SALAD 15gm MANDARIN ORANGES 13gm WHOLE GRAIN BUN 47 gm MAYO PACKET	8 CHICKEN SALAD ON LEAF LETTUCE CANTALOUPE SLICE 9GM ZUCCHINI SLAW 7GM APPLE SAUCE 11GM WHOLE WHEAT CRACKERS 35GM
11 CREAMY CRAB & DILL PASTA 27gm APPLESAUCE 11gm MARINATED CUCUMBERS 2gm WHOLE GRAIN ROLL 35gm	12 ZESTY BEEF PASTA SALAD 12GM MARINATED CUCUMBERS 2GM THREE BEAN SALAD 13GM WHOLE GRAIN ROLL 35GM	13 ASIAN CHICKEN SALAD 4gm CAULIFLOWER SALAD 12gm PEACHES 12gm CHOW MEIN NOODLES 9gm	14 CHEF SALAD WITH TURKEY EGGS, AND TOMATOES 3GM COTTAGE CHEESE 3GM APPLESAUCE 11gm CROUTONS 5GM	15 ROAST BEEF & CHEDDAR LEAF LETTUCE WHOLE GRAIN BUN 48gm TROPICAL FRUIT 11gm COTTAGE CHEESE 3gm
18 GRILLED CHICKEN PASTA SALAD 15gm KIDNEY BEAN SALAD 21gm MANDARIN ORANGES 12gm WHOLE GRAIN ROLL 35gm	19 ISLAND CRAB PASTA SALAD 27gm FRUIT YOGURT 9gm PEACHES 12gm WHOLE GRAIN ROLL 35gm	20 CHICKEN CHEDDAR SALAD TROPICAL FRUIT 11gm COTTAGE CHEESE 3gm CROUTONS 5gm RANCH DRESSING PKT	21 TUNA SALAD 12gm MIXED GREENS, EGGS, TOMATOES GARBANZO BEAN SALAD 23gm PINEAPPLE TIDBITS 12gm WHOLE GRAIN ROLL 35gm	22 HONEY HAM & CHEDDAR 48gm WHEAT BUN & LEAF LETTUCE COLESLAW 9gm APPLE SAUCE 11GM
25 TURKEY BOWTIE PASTA SALAD 22gm CRUSHED PINEAPPLE 12gm BLUEBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm	26 SPICY CHICKEN WRAP 23gm THREE BEAN SALAD 13gm PEACHES 12gm	27 PEPPERONI PASTA 27gm COTTAGE CHEESE 3gm APPLESAUCE 11gm WHOLE GRAIN ROLL 35gm	28 CLOSED HAPPY THANKSGIVING	29 CLOSED HAPPY THANKSGIVING

Week 10

Week 11

Week 12

Week 1

Week 2



If you are not available to receive your daily meal, please call ahead of time to cancel. 269-382-0515. Kalamazoo, Ext. 300. Calhoun, Ext. 350.

